Pillsbury

Classic Cookbooks

JULY 1999
#221

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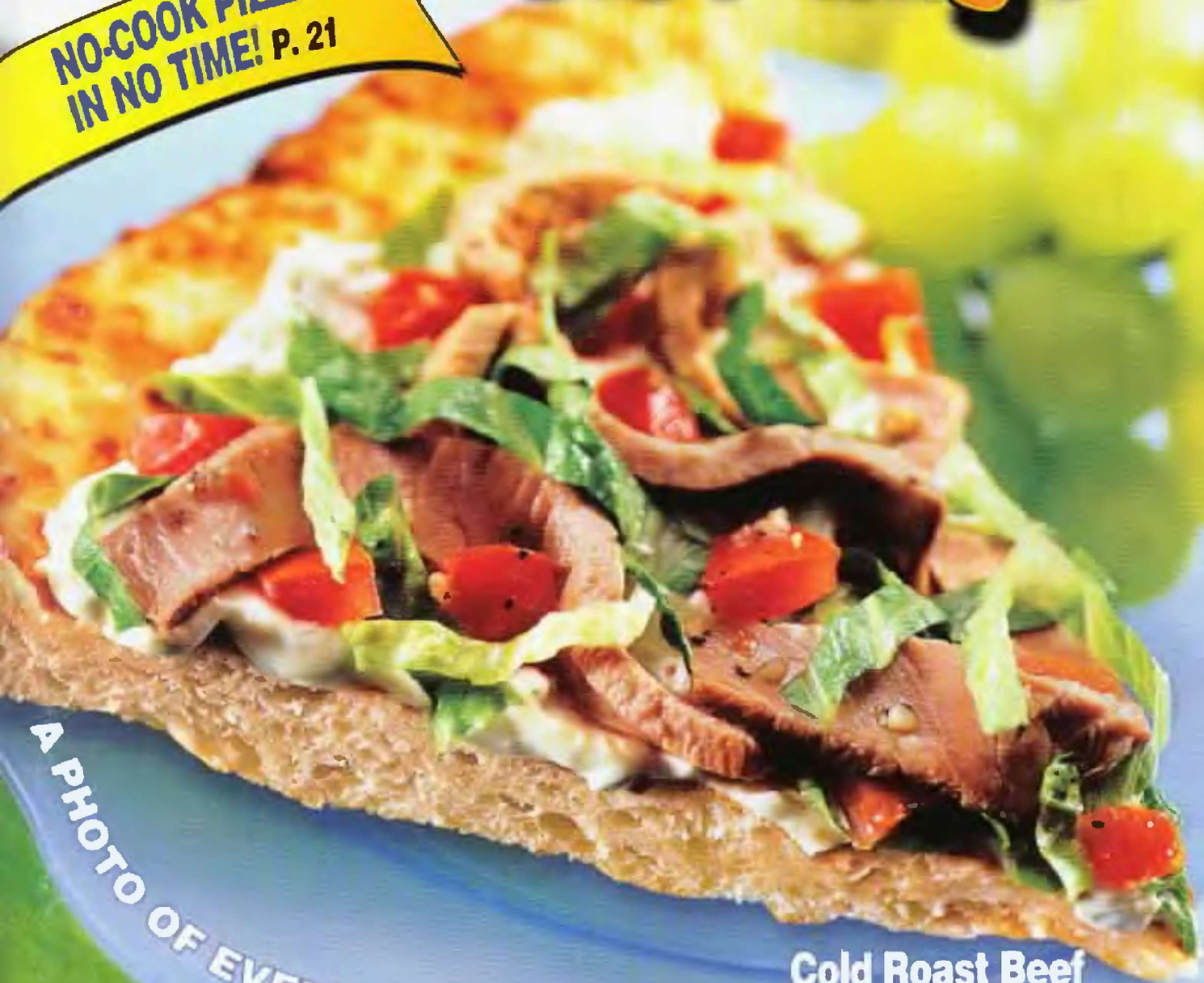
BAKE-OFF® Entry Inside

HÄAGEN-DAZS® RECIPES P. 89

YUM!

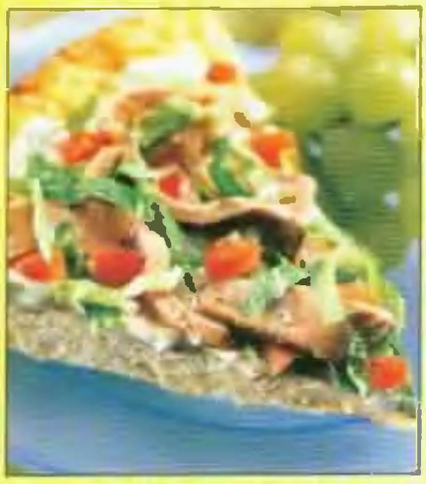
Cool Cooking FOR hot days

NO-COOK PIZZA IN NO TIME! P. 21



A PHOTO OF EVERY RECIPE

Cold Roast Beef Sandwich Pizza p. 21



Cover: Cold Roast Beef Sandwich Pizza p. 21

We'd Love to Hear From You

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Visit us on the Internet at
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Great Recipes Every Time

The recipes, preparation times and cook's notes in this cookbook have been developed and triple-tested in the Pillsbury Test Kitchens by professional home economists.

The Prep Time: minutes bar at the beginning of each recipe serves as a guide for the time needed to make a recipe. The "Prep Time" is the active "hands on" preparation time. Whenever possible, active prep time is done simultaneously with other steps. The (Ready in minutes/hours) notation is added when a recipe requires additional time beyond the active prep time. For example, the "Ready in" time includes marinating, cooking, baking or grilling times as well as cooling, refrigerating or freezing times.

In establishing these times, the following specifics also have been used:

- *The longest time in a cooking/baking range*
- *The shortest time for marinating ingredients*
- *No time is counted for heating the oven or grill*
- *The times listed are for the first cooking method if two methods are provided*

EASY This symbol indicates recipes that have six ingredients or less and are ready in 30 minutes or less.

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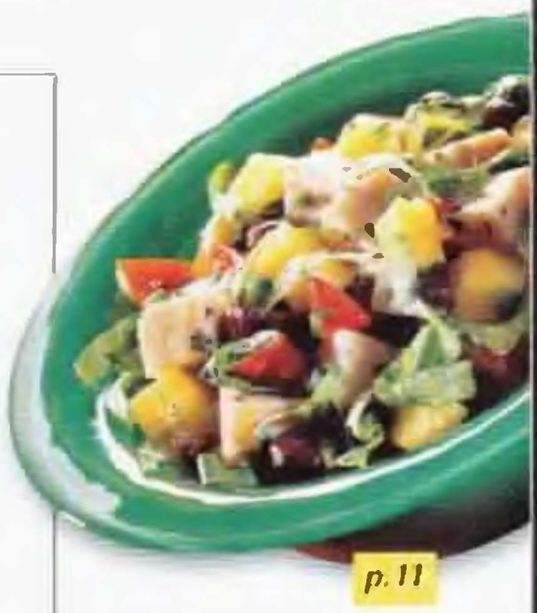
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The inside scoop on a cool job

Meet **Barb Bacon**, Group Manager of Strategic Planning for Pillsbury's Häagen-Dazs® and baked goods divisions. Oh, sure, there are meetings and paperwork and constantly ringing telephones, but **here's the job most of us dreamed of as a kid:** Barb's official responsibilities require frequent taste-testing of new and established Häagen-Dazs® products.

While **vanilla** remains Häagen-Dazs®'s best seller, Barb and her colleagues work closely with the company's research and development team to dream up and launch a continuing line of fabulous flavors.

This summer, look for these brand-new Häagen-Dazs® specialties in your supermarket freezer case: **Cookie Dough Chip Ice Cream, Chocolate Chocolate Fudge Ice Cream, Pineapple Coconut Ice Cream, Orange Sorbet,** and **Pistachio Ice Cream.**

Barb's personal favorite: Häagen-Dazs® **Coffee Ice Cream,** which, she confesses, she would be happy to substitute for her morning cup of java!

Those who grill say...

The favorite kinds of steaks to grill (in order) are:

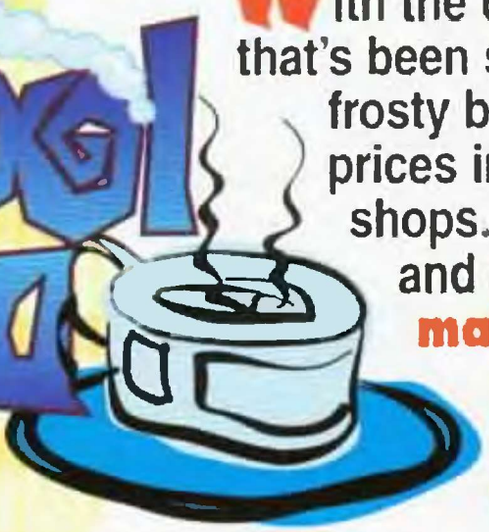
1. **Porterhouse/ T-Bone Steak**
2. **Ribeye Steak**
3. **Sirloin Steak**
4. **Tenderloin**
5. **Top Loin (Family Steak)**

Source: Within Worldwide, April 1998, reprinted from Memos on Beef, June 1998

Now now, BLACK COW?

For an informal, inexpensive and incomparably easy neighborhood get-together, invite the crowd to toast summer with the **classic ice cream soda** known variously as a **Root Beer Float,** Black and White or Black Cow, accompanied by purchased, popped popcorn. To save time, form the ice cream scoops ahead of time *(store in the freezer until serving time).* For a large crowd, order a keg of root beer.

Cool java



With the cappuccino craze that's been sweeping the country, frosty brews command high prices in take-out coffee shops. For an economical and at-hand alternative, **make extra coffee at breakfast time and store it in the refrigerator.**

- **For purists,** simply pour the black brew over crushed ice or cubes.
- **For traditionalists,** mix the coffee with milk or cream to the desired strength.
- **For a cool, frosty refresher,** whip coffee, ice and milk in the blender *(with a bit of sugar or chocolate-flavored syrup, if you like).*
- **For a richer drink,** add a scoop of coffee or chocolate ice cream or vanilla frozen yogurt or a splash of heavy cream or coffee liqueur.

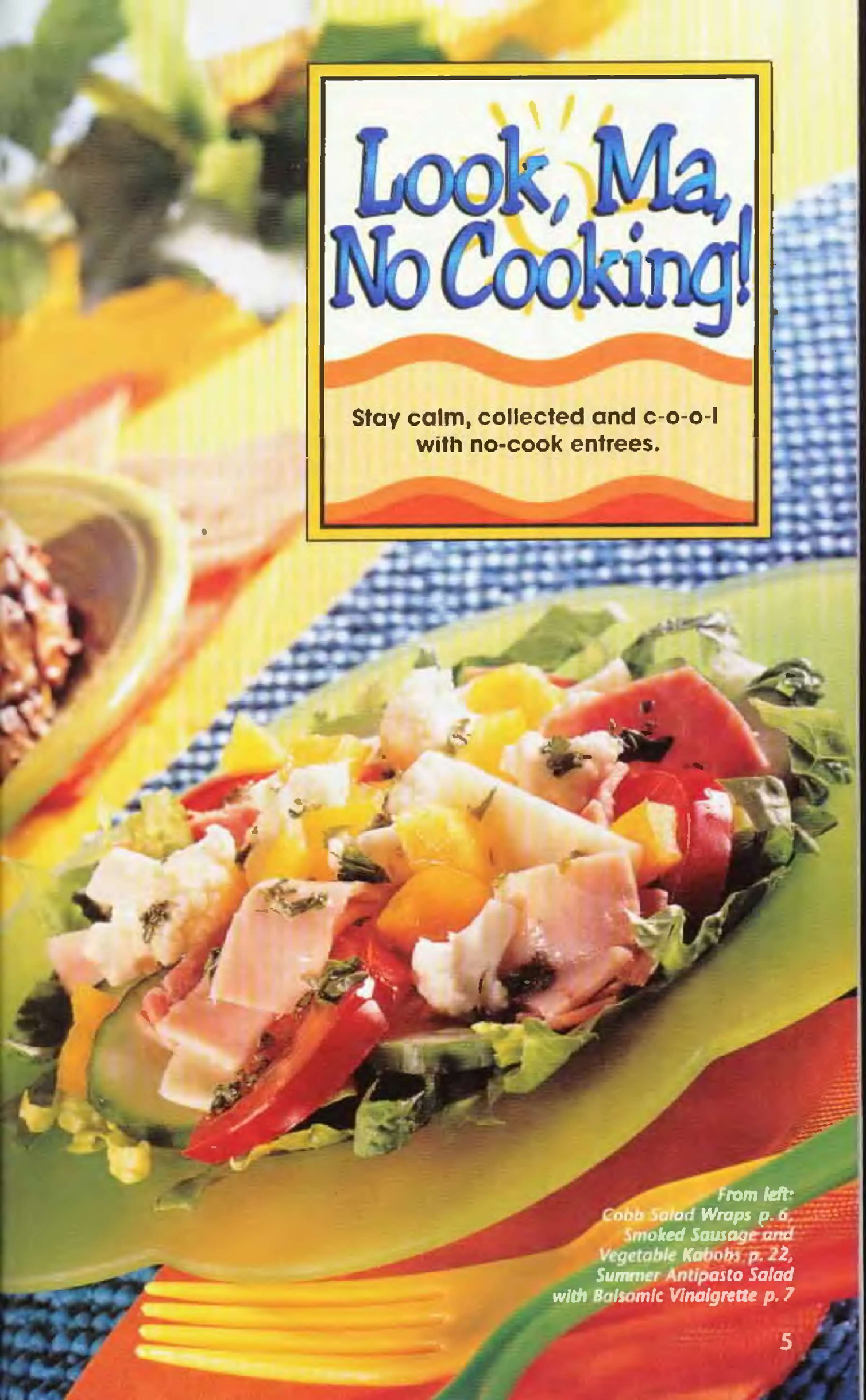
Zip zip hurray!

Here's the easiest way to marinate foods to be grilled:

Pop all the ingredients into a resealable food storage plastic bag and refrigerate them until cooking time. Flip the bag from time to time to let the marinade soak in evenly.

Look, Ma, No Cooking!

Stay calm, collected and c-o-o-l with no-cook entrees.



From left: Cobb Salad Wraps p. 6, Smoked Sausage and Vegetable Kabobs p. 22, Summer Antipasto Salad with Balsamic Vinaigrette p. 7

COOK'S NOTES

Recipe Fact

Cobb salad originated at the Brown Derby Restaurant in Hollywood. In the classic recipe, chicken, hard-cooked egg, tomato, avocado and watercress are chopped and dressed with a blue cheese vinaigrette. Spinach takes the place of watercress in our salad-wrap version.

Ingredient Info

Save time by purchasing hard-cooked eggs, available in your supermarket deli or dairy case.

Kitchen Tip

To hard-cook eggs, place them in a small saucepan; cover with cold water. Bring to a boil. Reduce heat; simmer about 15 minutes. Drain immediately; run cold water over the eggs to stop the cooking process.

Cobb Salad Wraps

Pictured on page 4

Prep Time: 25 minutes

2 cups cubed cooked chicken
½ cup green onion pieces (½ inch)
1 medium tomato, coarsely chopped
1 medium avocado, peeled, pitted and coarsely chopped
2 hard-cooked eggs, coarsely chopped
¼ cup red wine vinegar
2 tablespoons olive oil
1 teaspoon sugar
¼ teaspoon salt
¼ teaspoon pepper
2 teaspoons Dijon mustard
6 (10-inch) flour tortillas
1½ cups coarsely shredded fresh spinach
4 oz. blue cheese, crumbled (1 cup)

1 In medium bowl, combine chicken, onion pieces, tomato, avocado and eggs; toss gently to mix.

2 In small bowl, combine vinegar, oil, sugar, salt, pepper and mustard; mix well. Add to chicken mixture; toss to coat.

3 Spoon chicken mixture evenly down center of each tortilla. Top each with spinach and cheese. Fold up bottom edge of each tortilla; fold in sides.

6 sandwiches

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1 Sandwich

Calories	470	Calories from Fat	220
		% DAILY VALUE	
Total Fat	24 g	37%	
Saturated	7 g	35%	
Cholesterol	125 mg	42%	
Sodium	740 mg	31%	
Total Carbohydrate	37 g	12%	
Dietary Fiber	4 g	16%	
Sugars	3 g		
Protein	26 g		
Vitamin A	30%	Vitamin C	20%
Calcium	20%	Iron	20%

DIETARY EXCHANGES: 2-1/2 Starch, 1-1/2 Lean Meat, 3 Fat OR 2-1/2 Carbohydrate, 1-1/2 Lean Meat, 3 Fat

Summer Antipasto Salad with Balsamic Vinaigrette

Pictured on page 5

Prep Time: 30 minutes

VINAIGRETTE

- ¼ cup balsamic vinegar
- ¼ cup olive oil
- 2 tablespoons chopped fresh parsley
- 1 teaspoon sugar
- ½ teaspoon salt

SALAD

- 2 cups shredded romaine lettuce
- 4 oz. sliced cooked chicken or turkey, cut into bite-sized strips
- 4 oz. sliced salami or summer sausage, cut into bite-sized strips
- 2 oz. sliced mozzarella cheese, cut into bite-sized strips
- 2 cups fresh cauliflower florets
- 1 small cucumber, sliced
- 1 medium tomato, halved, sliced
- 1 yellow, red or green bell pepper, coarsely chopped

1 In small bowl, combine all vinaigrette ingredients; mix well.

2 Arrange lettuce on large serving platter. Arrange chicken, salami, cheese, cauliflower, cucumber and tomato over lettuce. Sprinkle with bell pepper. Drizzle vinaigrette over salad.

6 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/6 of Recipe

Calories	260	Calories from Fat	170
		% DAILY VALUE	
Total Fat	19 g		29%
Saturated	5 g		25%
Cholesterol	35 mg		12%
Sodium	610 mg		25%
Total Carbohydrate	7 g		2%
Dietary Fiber	2 g		8%
Sugars	4 g		
Protein	14 g		
Vitamin A	15%	Vitamin C	80%
Calcium	10%	Iron	6%

DIETARY EXCHANGES: 1 Vegetable, 1-1/2 Medium-Fat Meat, 2-1/2 Fat

COOK'S NOTES

Ingredient Info

Balsamic vinegar is an Italian vinegar made from white Trebbiano grapes. The vinegar turns dark and sweet after it ages for years in wooden casks.

Kitchen Tip

If desired, partially cook the cauliflower in boiling water for 2 to 3 minutes. Drain and rinse it under cold water.

Serving Suggestion

Serve this easy salad with crisp Italian breadsticks and wine coolers.

COOK'S NOTES

Ingredient Substitution

Sliced cooked turkey can be used in place of the chicken in this salad.

Kitchen Tip

Purchase cooked sliced chicken or turkey from the supermarket deli.

Serving Suggestion

This salad is perfect for a luncheon. Arrange the fruit and the chicken on a pretty platter. A pitcher of iced tea and a basket of fresh croissants complete the menu.

Summer Fruit and Chicken Salad

Pictured on right

Prep Time: 20 minutes

DRESSING

½ cup low-fat raspberry yogurt
¼ cup light mayonnaise or salad dressing
2 tablespoons honey

SALAD

4 leaves leaf lettuce
8 oz. sliced cooked chicken, cut into bite-sized strips
½ medium cantaloupe, seeds removed, peeled, cut into very thin slices and halved
1 cup fresh raspberries
½ cup fresh blueberries

1 In small bowl, combine all dressing ingredients; blend well. Refrigerate until serving time.

2 To serve, arrange lettuce on large serving platter or on 4 individual plates. Arrange chicken, cantaloupe, raspberries and blueberries over lettuce. Drizzle dressing over salad.

4 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	290	Calories from Fat	90
		% DAILY VALUE	
Total Fat	10 g	15%	
Saturated	2 g	10%	
Cholesterol	55 mg	18%	
Sodium	190 mg	8%	
Total Carbohydrate	31 g	10%	
Dietary Fiber	3 g	12%	
Sugars	26 g		
Protein	20 g		
Vitamin A	80%	Vitamin C	100%
Calcium	8%	Iron	8%

DIETARY EXCHANGES: 1/2 Starch, 1-1/2 Fruit, 3 Lean Meat
OR 2 Carbohydrate, 3 Lean Meat

Summer Fruit and Chicken Salad, Lemonade and Orange Spritzers p. 88

Spicy Southwestern Turkey Salad

Pictured on left

Prep Time: 30 minutes

DRESSING

- ½ cup peach preserves, large pieces finely chopped
- ¼ cup lime juice
- 2 tablespoons oil
- ½ teaspoon salt
- ¼ teaspoon ginger
- ¼ teaspoon cumin

SALAD

- 2 cups cubed cooked turkey
- 2 cups shredded lettuce
- ¼ cup chopped fresh cilantro
- 1 tomato, coarsely chopped
- 1 mango, peeled, diced
- 1 (15-oz.) can Green Giant,® Old El Paso® or Progresso® Black Beans, drained, rinsed
- 2 jalapeño chiles, chopped

1 In small bowl, combine all dressing ingredients; mix well.

2 In large bowl, combine all salad ingredients; toss gently to mix. Add dressing; toss to coat.

4 (1¾-cup) servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1-3/4 Cups

Calories	420	Calories from Fat	100
		% DAILY VALUE	
Total Fat	11 g	17%	
Saturated	2 g	10%	
Cholesterol	55 mg	18%	
Sodium	560 mg	23%	
Total Carbohydrate	53 g	18%	
Dietary Fiber	7 g	28%	
Sugars	29 g		
Protein	27 g		
Vitamin A	50%	Vitamin C	70%
Calcium	8%	Iron	20%

DIETARY EXCHANGES: 1-1/2 Starch, 2 Fruit, 3 Very Lean Meat, 1-1/2 Fat OR 3-1/2 Carbohydrate, 3 Very Lean Meat, 1-1/2 Fat

COOK'S NOTES

Ingredient Info

Mangoes are available from May to September. Choose unblemished fruit that has yellow skin blushed with red. Ripe mangoes yield to gentle pressure when touched. The beautiful yellow-orange flesh of a ripe mango has a rosy perfume and tastes very sweet.

Kitchen Tip

Jalapeño chiles contain capsaicin, which can burn the skin and irritate the eyes. Don't handle cut jalapeños with your bare hands; use rubber gloves or manipulate the peppers with a fork as you chop them. Don't touch your face and carefully wash your hands when you're done cutting jalapeños.

Make It Special

Garnish the salad with lime slices and sprigs of fresh cilantro.

20-minute meal

Shrimp Louis: A Quick Meal Fit for a King

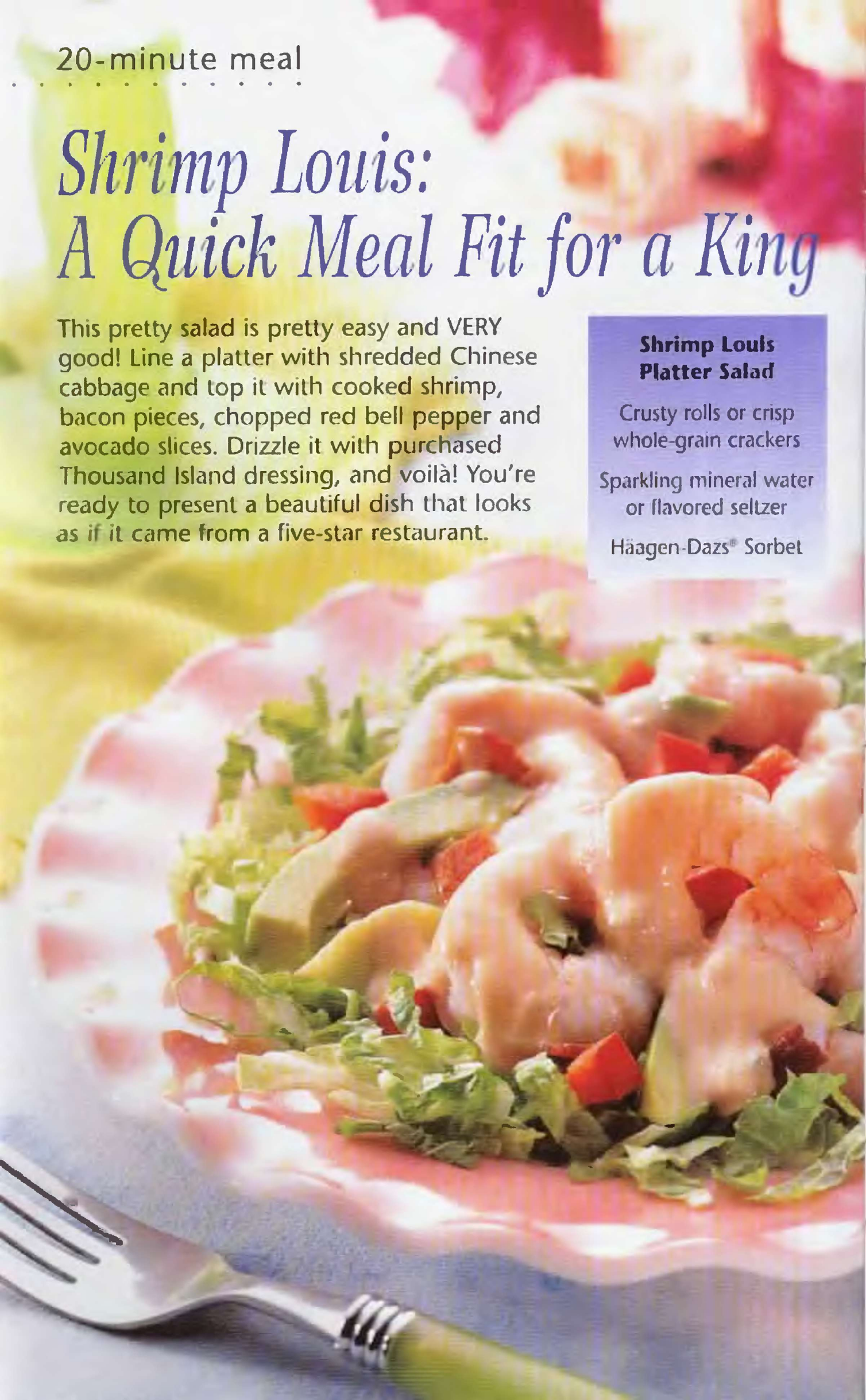
This pretty salad is pretty easy and VERY good! Line a platter with shredded Chinese cabbage and top it with cooked shrimp, bacon pieces, chopped red bell pepper and avocado slices. Drizzle it with purchased Thousand Island dressing, and voilà! You're ready to present a beautiful dish that looks as if it came from a five-star restaurant.

Shrimp Louis Platter Salad

Crusty rolls or crisp whole-grain crackers

Sparkling mineral water or flavored seltzer

Häagen-Dazs® Sorbet



Shrimp Louis Platter Salad

EASY

Pictured on left

Prep Time: 15 minutes

4 cups shredded Chinese (napa) cabbage
1 lb. shelled deveined cooked large shrimp
½ cup purchased real bacon pieces
½ cup chopped red bell pepper
1 avocado, peeled, pitted and sliced
1 cup purchased Thousand Island salad dressing

On large serving platter, arrange cabbage, shrimp, bacon, bell pepper and avocado. Drizzle dressing over salad.

6 servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1/6 of Recipe

Calories	340	*Calories from Fat	210
		% DAILY VALUE	
Total Fat	23 g	35%	
Saturated	5 g	25%	
Cholesterol	170 mg	57%	
Sodium	830 mg	35%	
Total Carbohydrate	10 g	3%	
Dietary Fiber	2 g	8%	
Sugars	7 g		
Protein	22 g		
Vitamin A	50%	Vitamin C	70%
Calcium	8%	Iron	20%

DIETARY EXCHANGES: 1/2 Starch, 1/2 Vegetable, 3 Very Lean Meat, 4 Fat **OR** 1/2 Carbohydrate, 1/2 Vegetable, 3 Very Lean Meat, 4 Fat

COOK'S NOTES

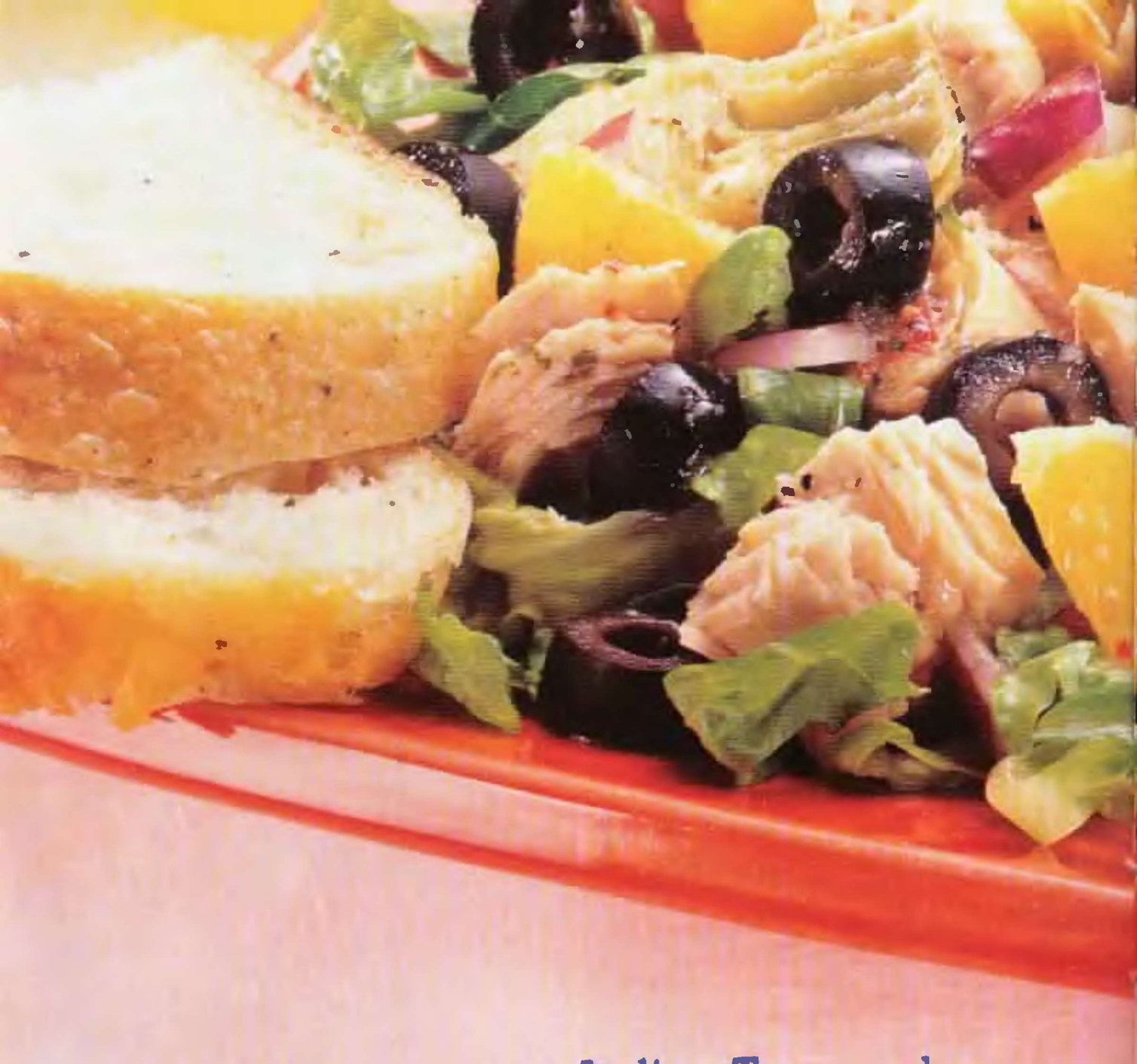
Ingredient Info

Cooked shrimp can be purchased at your supermarket's seafood counter. You may also use frozen cooked shrimp that has been thawed.

Jars of real bacon pieces are found near the salad dressings at the supermarket.

Kitchen Tip

Cut avocado turns brown quickly, so peel and slice the avocado just before assembling this salad. To keep the avocado slices bright green, brush them with a little lemon juice.



Italian Tuna and Artichoke Salad

Pictured above

Prep Time: 15 minutes

DRESSING

1 (0.7-oz.) pkg. Italian salad dressing mix
½ cup orange juice
¼ cup olive oil

SALAD

2 (6-oz.) cans water-packed solid white tuna, drained, flaked
1 (6-oz.) jar marinated artichoke hearts, drained
1 (2¼-oz.) can sliced ripe olives, drained
¼ cup coarsely chopped red onion
1 medium seedless orange, peeled, coarsely chopped
4 cups shredded romaine lettuce

COOK'S NOTES

Ingredient Info

Romaine is a lettuce believed to have come from Cos, an island in the Aegean Sea. The oblong head has dark green outer leaves and light green center leaves. Romaine has a crisp texture and a slightly bitter flavor.

1 In small bowl, combine all dressing ingredients; mix well.

2 In medium bowl, combine tuna, artichoke hearts, olives, onion and orange; toss gently to mix.

3 Arrange lettuce on serving platter; top with tuna mixture. Drizzle dressing over salad.

4 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	320	Calories from Fat	180
		% DAILY VALUE	
Total Fat	20 g	31%	
Saturated	3 g	15%	
Cholesterol	20 mg	7%	
Sodium	1020 mg	43%	
Total Carbohydrate	14 g	5%	
Dietary Fiber	2 g	8%	
Sugars	10 g		
Protein	20 g		
Vitamin A	35%	Vitamin C	70%
Calcium	6%	Iron	15%

DIETARY EXCHANGES: 1/2 Fruit, 1 Vegetable, 2-1/2 Very Lean Meat, 3-1/2 Fat **OR** 1/2 Carbohydrate, 1 Vegetable, 2-1/2 Very Lean Meat, 3-1/2 Fat

Make It Special

Garnish this salad with sprigs of fresh herbs such as rosemary, basil, thyme or parsley.

Serving Suggestion

Serve this European-style tuna salad with crusty bread and iced tea.

Chicken-Pesto Hoagies

Pictured on left

Prep Time: 15 minutes

⅓ cup purchased pesto
¼ cup mayonnaise
4 (6 to 7-inch) hoagie buns
8 oz. sliced cooked chicken
4 (1½-oz.) slices mozzarella cheese, halved lengthwise
1 red bell pepper, cut into rings
1 cup alfalfa sprouts

1 In small bowl, combine pesto and mayonnaise; mix well. Spread on cut sides of hoagie buns.

2 Layer chicken, cheese, bell pepper rings and sprouts on bottom halves of buns. Cover with top halves of buns.

4 sandwiches

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1 Sandwich

Calories	710	Calories from Fat	330
		% DAILY VALUE	
Total Fat	37 g	57%	
Saturated	10 g	50%	
Cholesterol	85 mg	28%	
Sodium	1110 mg	46%	
Total Carbohydrate	55 g	18%	
Dietary Fiber	4 g	16%	
Sugars	5 g		
Protein	39 g		
Vitamin A	30%	Vitamin C	60%
Calcium	45%	Iron	20%

DIETARY EXCHANGES: 3-1/2 Starch, 4 Medium-Fat Meat, 3 Fat **OR** 3-1/2 Carbohydrate, 4 Medium-Fat Meat, 3 Fat

COOK'S NOTES

Ingredient Info

Pesto is an uncooked sauce originating in Genoa, Italy. Fresh basil, Parmesan cheese, garlic, pine nuts and olive oil are blended together to make pesto. Look for pesto in the refrigerated case near the fresh pasta.

Healthy Hint

To save about 11 grams of fat and about 90 calories per sandwich, use fat-free mayonnaise.

Make-Ahead Tip

These sandwiches are great for a picnic. Wrap them tightly in foil or plastic wrap and keep them very cold until serving time.

COOK'S NOTES

Recipe Info

Waldorf salad, made with apples, celery and mayonnaise, originated at the Waldorf-Astoria Hotel in New York City in the 1890s. This summertime sandwich is made with traditional Waldorf salad ingredients, including walnuts, which were later added to the classic recipe.

Kitchen Tip

Two whole chicken breasts (1½ pounds with bone and skin) will yield approximately 2 cups chopped cooked chicken.

Make-Ahead Tip

Prepare the salad; cover and refrigerate it for up to 2 hours before assembling the sandwiches.

Waldorf Chicken Salad on Raisin Bread

Pictured on right

Prep Time: 10 minutes

2 cups chopped cooked chicken
½ cup chopped apple
¼ cup chopped celery
¼ cup chopped walnuts
⅓ cup mayonnaise or salad dressing
⅛ teaspoon salt
8 slices raisin bread
4 leaves leaf lettuce

1 In medium bowl, combine all ingredients except bread and lettuce; mix well.

2 Spread about ½ cup chicken mixture on each of 4 bread slices. Top each with lettuce leaf. Cover with remaining bread slices.

4 sandwiches

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1 Sandwich

Calories	480	Calories from Fat	240
		% DAILY VALUE	
Total Fat	27 g	42%	
Saturated	5 g	25%	
Cholesterol	75 mg	25%	
Sodium	440 mg	18%	
Total Carbohydrate	32 g	11%	
Dietary Fiber	3 g	12%	
Sugars	12 g		
Protein	26 g		
Vitamin A	6%	Vitamin C	6%
Calcium	6%	Iron	15%

DIETARY EXCHANGES: 1 Starch, 1 Fruit, 3-1/2 Lean Meat, 3 Fat **OR** 2 Carbohydrate, 3-1/2 Lean Meat, 3 Fat

Cold Roast Beef Sandwich Pizza

Pictured on left and on cover

Prep Time: 15 minutes

- ½ cup cream cheese with chives and onion (from 8-oz. tub)
- ¼ cup mayonnaise
- 2 tablespoons purchased creamy horseradish sauce
- 1 (16-oz.) prebaked Italian pizza crust
- 6 oz. deli roast beef, cut into bite-sized strips (1½ cups)
- 1½ cups coarsely chopped Italian plum tomatoes
- ½ cup shredded romaine lettuce
- ¼ cup purchased Italian salad dressing

1 In small bowl, combine cream cheese, mayonnaise and horseradish sauce; mix well. Spread evenly over pizza crust.

2 In medium bowl, combine roast beef, tomatoes, lettuce and dressing; toss gently to coat. Top pizza crust with roast beef mixture. To serve, cut into wedges.

6 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/6 of Recipe

Calories	450	Calories from Fat	230
		% DAILY VALUE	
Total Fat	25 g	38%	
Saturated	8 g	40%	
Cholesterol	55 mg	18%	
Sodium	920 mg	38%	
Total Carbohydrate	39 g	13%	
Dietary Fiber	1 g	4%	
Sugars	6 g		
Protein	17 g		
Vitamin A	15%	Vitamin C	15%
Calcium	10%	Iron	15%

DIETARY EXCHANGES: 2-1/2 Starch, 1-1/2 Lean Meat, 4 Fat OR 2-1/2 Carbohydrate, 1-1/2 Lean Meat, 4 Fat

COOK'S NOTES

Ingredient Substitution

Three 6-inch prebaked crusts can be used in place of one large crust. To serve the smaller-crust pizzas, cut each in half.

Make-Ahead Tip

Prepare the pizza and cover it loosely. Refrigerate it for up to 2 hours.

Serving Suggestion

On a hot summer evening, serve this cold pizza with cantaloupe wedges and lemonade.

COOK'S NOTES

Healthy Hint

To reduce the amount of fat in these kabobs by about 14 grams per serving, use fat-free salad dressing in place of the regular dressing.

Make-Ahead Tip

Assemble the kabobs; cover with plastic wrap and refrigerate them for up to 2 hours before serving.

Make It Special

These kabobs are not cooked, so they can be threaded on pretty skewers. Stand them upright in fresh pineapple slices or arrange them decoratively on a bed of fresh spinach.

Smoked Sausage and Vegetable Kabobs

Pictured on page 4

Prep Time: 15 minutes (Ready in 1 hour 15 minutes)

2 cups fresh cauliflower florets
1 small cucumber, halved lengthwise, cut into 1-inch pieces
1 medium red bell pepper, cut into 1-inch pieces
8 oz. fully cooked smoked sausage, cut into 1-inch pieces
1 (8-oz.) bottle Italian salad dressing

1 In large bowl, combine all ingredients; mix well. Cover; refrigerate at least 1 hour to marinate.

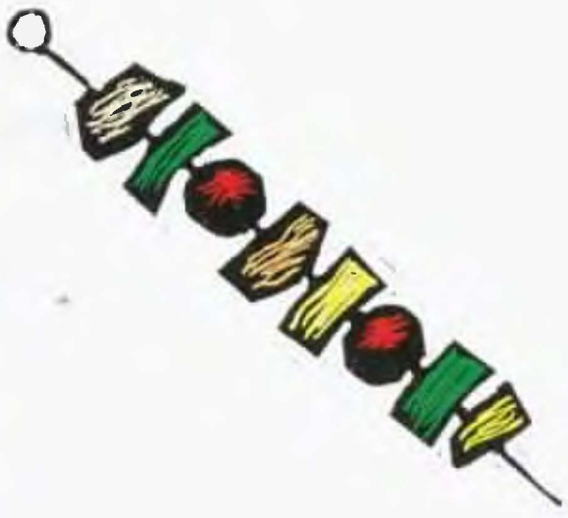
2 To serve, alternately thread cauliflower, cucumber, bell pepper and sausage on eight 8-inch skewers.

8 kabobs; 4 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	350	Calories from Fat	280
		% DAILY VALUE	
Total Fat	31 g	48%	
Saturated	8 g	40%	
Cholesterol	40 mg	13%	
Sodium	780 mg	33%	
Total Carbohydrate	9 g	3%	
Dietary Fiber	2 g	8%	
Sugars	6 g		
Protein	9 g		
Vitamin A	25%	Vitamin C	100%
Calcium	2%	Iron	8%

DIETARY EXCHANGES: 1 Vegetable, 1 High-Fat Meat, 5 Fat



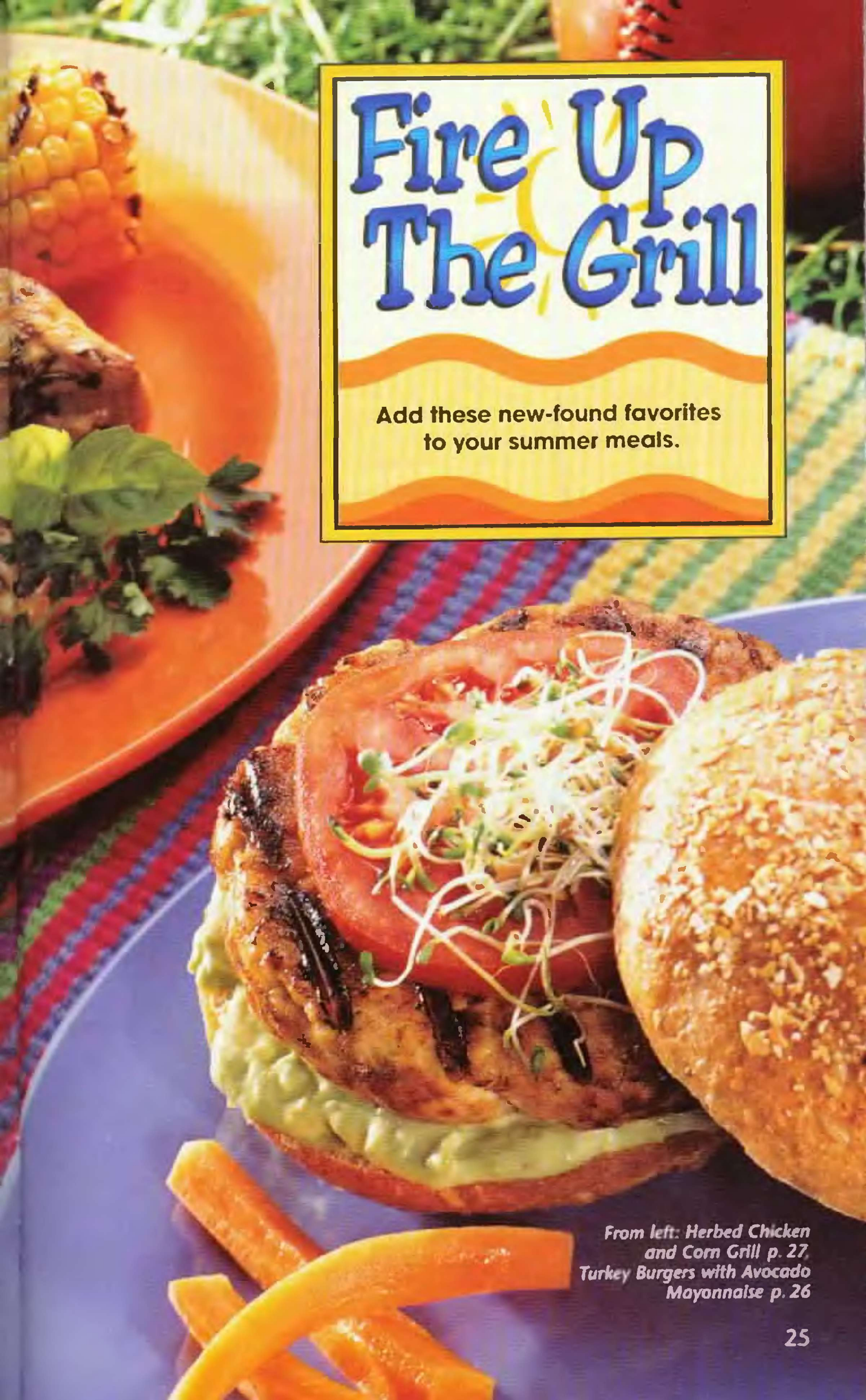
No-Cook Kabobs

For a summer meal that's quick, cool and attractive, choose one or more choices from each of the first two columns below and alternate them on a small bamboo or metal skewer.

Set the kabobs in a shallow dish and drizzle with one of the sauces. Serve immediately or marinate in the refrigerator for 1 hour.

If you wish, you can warm the kabobs briefly on the grill.
Pass extra sauce at the table.

Meat/Seafood	Fruit/Vegetable	Quick Sauce
Cooked shrimp	Cherry tomatoes	Purchased Creamy Caesar Dressing
Cooked ham chunks	Pineapple chunks	Purchased Oriental Dressing
Cooked smoked sausage pieces	Mushrooms	Purchased Italian Dressing
Cooked turkey chunks	Zucchini chunks	Wine vinegar or balsamic vinegar plus fresh or dried herbs
Cooked salmon pieces	Baby onions	Light sour cream thinned with orange or apple juice
Chunks of smoked chicken from the deli	Cucumber slices	Plain nonfat yogurt blended with snipped chives and fresh dill
Cooked pork tenderloin chunks	Bell pepper strips	Fresh salsa



Fire Up The Grill

Add these new-found favorites to your summer meals.

From left: Herbed Chicken and Corn Grill p. 27, Turkey Burgers with Avocado Mayonnaise p. 26

COOK'S NOTES

Ingredient Substitutions

Ground chicken or lean ground beef can be substituted for the ground turkey in the burgers.

Shredded lettuce can be substituted for the alfalfa sprouts on these burgers.

Make-Ahead Tip

Prepare the patties up to 8 hours in advance; cover them with plastic wrap and refrigerate. Blend the avocado mayonnaise ahead as well; cover and refrigerate.

Turkey Burgers with Avocado Mayonnaise

Pictured on page 25

Prep Time: 25 minutes

1 lb. ground turkey
¼ cup Progresso® Plain Bread Crumbs
1 teaspoon chili powder
½ teaspoon garlic salt
¼ cup mayonnaise
1 avocado, peeled, pitted and cut up
2 teaspoons lemon juice
¼ teaspoon garlic powder
4 whole grain burger buns, split
4 slices tomato
1 cup alfalfa sprouts

1 GRILL DIRECTIONS: Heat grill. In medium bowl, combine ground turkey, bread crumbs, chili powder and garlic salt; mix well. Shape mixture into four 5-inch patties.

2 When ready to grill, oil grill rack. Place patties on gas grill over medium-high heat or on charcoal grill 4 to 6 inches from medium-high coals. Cook 10 to 15 minutes or until no longer pink in center, turning once.

3 Meanwhile, in blender container, combine mayonnaise, avocado, lemon juice and garlic powder. Cover; blend until smooth.

4 To serve, spread bottom halves of buns with mayonnaise mixture. Top with turkey burgers, tomato slices and sprouts. Cover with top halves of buns.

4 sandwiches

Note: To broil turkey patties, place on broiler pan; broil 4 to 6 inches from heat using times above as a guide, turning once.

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1 Sandwich

Calories	530	Calories from Fat	290
		% DAILY VALUE	
Total Fat	32 g	49%	
Saturated	6 g	30%	
Cholesterol	90 mg	30%	
Sodium	670 mg	28%	
Total Carbohydrate	31 g	10%	
Dietary Fiber	6 g	24%	
Sugars	4 g		
Protein	29 g		
Vitamin A	15%	Vitamin C	8%
Calcium	8%	Iron	20%

DIETARY EXCHANGES: 2 Starch, 3-1/2 Medium-Fat Meat, 2-1/2 Fat **OR** 2 Carbohydrate, 3-1/2 Medium-Fat Meat, 2-1/2 Fat

Herbed Chicken and Corn Grill

Pictured on page 24

Prep Time: 55 minutes

⅓ cup olive oil
¼ cup chopped fresh parsley or 2 teaspoons dried parsley flakes
¼ cup chopped fresh basil or 2 teaspoons dried basil leaves
2 tablespoons chopped fresh rosemary or 1 teaspoon dried rosemary leaves
½ teaspoon seasoned salt
3 to 3½ lb. cut-up frying chicken
4 ears corn, husks removed, cleaned

1 GRILL DIRECTIONS: Heat grill. In small bowl, combine oil, parsley, basil, rosemary and seasoned salt; mix well. Brush mixture over chicken pieces and corn. Reserve any remaining oil mixture.

2 When ready to grill, oil grill rack. Place chicken on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 30 minutes, turning frequently.

3 Add corn to grill; turn chicken. Cook 10 to 15 minutes or until chicken is fork-tender and juices run clear, and corn is tender, brushing chicken and corn once or twice with reserved oil mixture.

4 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	530	Calories from Fat	280
		% DAILY VALUE	
Total Fat	31 g	48%	
Saturated	7 g	35%	
Cholesterol	135 mg	45%	
Sodium	240 mg	10%	
Total Carbohydrate	17 g	6%	
Dietary Fiber	3 g	12%	
Sugars	5 g		
Protein	46 g		
Vitamin A	15%	Vitamin C	10%
Calcium	4%	Iron	15%

DIETARY EXCHANGES: 1 Starch, 6 Lean Meat, 2-1/2 Fat
OR 1 Carbohydrate, 6 Lean Meat, 2-1/2 Fat

COOK'S NOTES

Ingredient Info

Rosemary is a herb from the mint family; it grows wild in the Mediterranean. A sprig of rosemary resembles a small evergreen tree, with silver-green needle-like leaves on a woody stem. Fresh rosemary gives foods an aromatic lemony-pine flavor.

Ingredient Substitution

Four bone-in chicken breast halves can be used in place of the cut-up frying chicken.

Make It Special

Arrange the grilled chicken and corn on a heavy earthenware platter. Garnish with sprigs of fresh rosemary and basil.

COOK'S NOTES

Recipe Fact

Lime, ginger and cayenne pepper add a taste of the Caribbean to these easy single-serving packets.

Ingredient Substitution

Four bone-in chicken breast halves can be used in place of the drumsticks and thighs in this flavorful recipe.

Make-Ahead Tip

Assemble the packets and refrigerate them for up to 4 hours before grilling as directed.

Sweet and Spicy Chicken Dinner Packets

Pictured on right

Prep Time: 20 minutes (Ready in 1 hour 10 minutes)

½ cup chili sauce
3 tablespoons brown sugar
2 tablespoons lime juice
½ teaspoon ginger
¼ teaspoon ground red pepper (cayenne)
2 medium sweet potatoes, peeled, cut into matchstick pieces
1 green bell pepper, cut into thin strips
4 chicken drumsticks, skin removed if desired
4 chicken thighs, skin removed if desired

1 GRILL DIRECTIONS: Heat grill. In small bowl, combine chili sauce, brown sugar, lime juice, ginger and ground red pepper; blend well.

2 Cut four 18×12-inch pieces of heavy-duty foil. Place ¼ of the sweet potatoes and bell pepper in center of each piece of foil; top each with 1 drumstick and 1 thigh. Spoon chili sauce mixture evenly over vegetables and chicken. Wrap each packet securely with double-fold seals, allowing room for heat expansion.

3 When ready to grill, place packets, seam side down, on gas grill over medium-high heat or on charcoal grill 4 to 6 inches from medium-high coals. Cook 40 to 50 minutes or until chicken is fork-tender and juices run clear, turning packets once during cooking. Open packets carefully to allow hot steam to escape.

4 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	420	Calories from Fat	140
		% DAILY VALUE	
Total Fat	16 g		25%
Saturated	4 g		20%
Cholesterol	105 mg		35%
Sodium	570 mg		24%
Total Carbohydrate	36 g		12%
Dietary Fiber	3 g		12%
Sugars	20 g		
Protein	32 g		
Vitamin A	280%	Vitamin C	0%
Calcium	4%	Iron	15%

DIETARY EXCHANGES: 1 Starch, 1-1/2 Fruit, 4 Lean Meat, 1/2 Fat **OR** 2-1/2 Carbohydrate, 4 Lean Meat, 1/2 Fat

From top:
Sweet and Spicy Chicken Dinner Packets,
Polish Sausage and Cabbage Packets p. 30

COOK'S NOTES

Ingredient Info

Caraway seed comes from a herb in the parsley family. Its strong anise-like flavor is common in German, Austrian and Hungarian cuisines.

Ingredient Substitution

Any type of fully cooked sausage can be used in this recipe.

Healthy Hint

Cabbage provides an excellent source of vitamin C.

Polish Sausage and Cabbage Packets

Pictured on page 29

Prep Time: 15 minutes (Ready in 55 minutes)

1 lb. smoked Polish sausage, cut into 1-inch pieces
1 small head cabbage, cut into 8 wedges
8 small red potatoes, unpeeled, cut into quarters
1 cup chili sauce
½ teaspoon caraway seed
⅛ teaspoon pepper

1 GRILL DIRECTIONS: Heat grill. Cut four 18×12-inch pieces of heavy-duty foil. Divide sausage, cabbage and potatoes evenly onto foil.

2 In small bowl, combine chili sauce, caraway seed and pepper; mix well. Spoon evenly over sausage and vegetables. Wrap each packet securely with double-fold seals, allowing room for heat expansion.

3 When ready to grill, place packets on gas grill over medium-high heat or on charcoal grill 4 to 6 inches from medium-high coals. Cook 30 to 40 minutes or until cabbage and potatoes are tender. Open packets carefully to allow hot steam to escape.

4 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	690	Calories from Fat	310
		% DAILY VALUE	
Total Fat	34 g	52%	
Saturated	12 g	60%	
Cholesterol	80 mg	27%	
Sodium	1950 mg	81%	
Total Carbohydrate	73 g	24%	
Dietary Fiber	9 g	36%	
Sugars	21 g		
Protein	24 g		
Vitamin A	25%	Vitamin C	110%
Calcium	15%	Iron	30%

DIETARY EXCHANGES: 3 Starch, 1-1/2 Fruit, 1 Vegetable, 2 High-Fat Meat, 3 Fat **OR** 4-1/2 Carbohydrate, 1 Vegetable, 2 High-Fat Meat, 3 Fat

Pork Chops with Spicy Corn Salsa

Pictured on page 32

Prep Time: 35 minutes

PORK CHOPS

4 pork loin chops (½ inch thick)
½ teaspoon dried oregano leaves
¼ to ½ teaspoon peppered seasoned salt

SALSA

2 cups fresh corn kernels, cooked, drained
¼ cup chopped red onion
2 tablespoons chopped fresh cilantro
1 tablespoon finely chopped jalapeño chile
3 tablespoons lime juice
2 tablespoons olive oil
½ teaspoon cumin
¼ teaspoon salt
¼ teaspoon dried oregano leaves

1 GRILL DIRECTIONS: Heat grill. Sprinkle pork chops with ½ teaspoon oregano and seasoned salt.

2 When ready to grill, place pork chops on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 8 to 12 minutes or until no longer pink in center, turning once.

3 Meanwhile, combine all salsa ingredients; mix well. Serve salsa with pork chops.

4 servings

Note: To broil pork chops, place on broiler pan; broil 4 to 6 inches from heat using times above as a guide, turning once.

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	340	Calories from Fat	140
		% DAILY VALUE	
Total Fat	16 g	25%	
Saturated	4 g	20%	
Cholesterol	65 mg	22%	
Sodium	310 mg	13%	
Total Carbohydrate	23 g	8%	
Dietary Fiber	3 g	12%	
Sugars	3 g		
Protein	26 g		
Vitamin A	6%	Vitamin C	15%
Calcium	2%	Iron	10%

DIETARY EXCHANGES: 1-1/2 Starch, 3 Lean Meat, 1-1/2 Fat OR 1-1/2 Carbohydrate, 3 Lean Meat, 1-1/2 Fat

COOK'S NOTES

Ingredient Substitution

Cooked frozen whole kernel corn can be used in place of the fresh corn.

Kitchen Tips

For the most tender pork chops, cook them just until they are no longer pink in the center. Pork becomes tough when it is overcooked.

To cut fresh corn from the cob, hold the ear, tip down, inside a deep bowl. Position the blade of a small sharp knife at the base of the kernels on the stem end, parallel to the cob. Cut down along the cob, shaving off a few rows of kernels at a time. One ear yields about 1 cup of kernels.

Recipe Variation

To make a sweeter salsa, add 1 to 2 teaspoons of sugar or honey.

Peach and Jalapeño-Glazed Pork Tenderloins

Pictured on left

EASY

Prep Time: 30 minutes

1 (10-oz.) jar peach preserves
¼ cup white wine vinegar
2 tablespoons finely chopped jalapeño chile
1 tablespoon finely chopped gingerroot
2 (¾-lb.) pork tenderloins
¼ to ½ teaspoon salt

1 GRILL DIRECTIONS: Heat grill. In small saucepan, combine preserves, vinegar, chile and gingerroot; mix well.

2 When ready to grill, sprinkle pork tenderloins with salt. Place pork on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 20 to 25 minutes or until no longer pink in center, turning frequently and brushing with glaze during last 10 minutes of cooking time.

3 To serve, heat remaining glaze over low heat until hot. Serve warm glaze with pork.

6 servings

Note: To broil pork tenderloins, place on broiler pan; broil 4 to 6 inches from heat using times above as a guide, turning frequently and brushing with glaze during last 10 minutes of cooking time.

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/6 of Recipe

Calories	260	Calories from Fat	35
		% DAILY VALUE	
Total Fat	4 g	6%	
Saturated	1 g	5%	
Cholesterol	65 mg	22%	
Sodium	240 mg	10%	
Total Carbohydrate	31 g	10%	
Dietary Fiber	1 g	2%	
Sugars	23 g		
Protein	24 g		
Vitamin A	0%	Vitamin C	10%
Calcium	0%	Iron	8%

DIETARY EXCHANGES: 2 Starch, 2-1/2 Very Lean Meat
OR 2 Carbohydrate, 2-1/2 Very Lean Meat

COOK'S NOTES

Ingredient Substitution

Apricot preserves can be used in place of the peach preserves in this recipe.

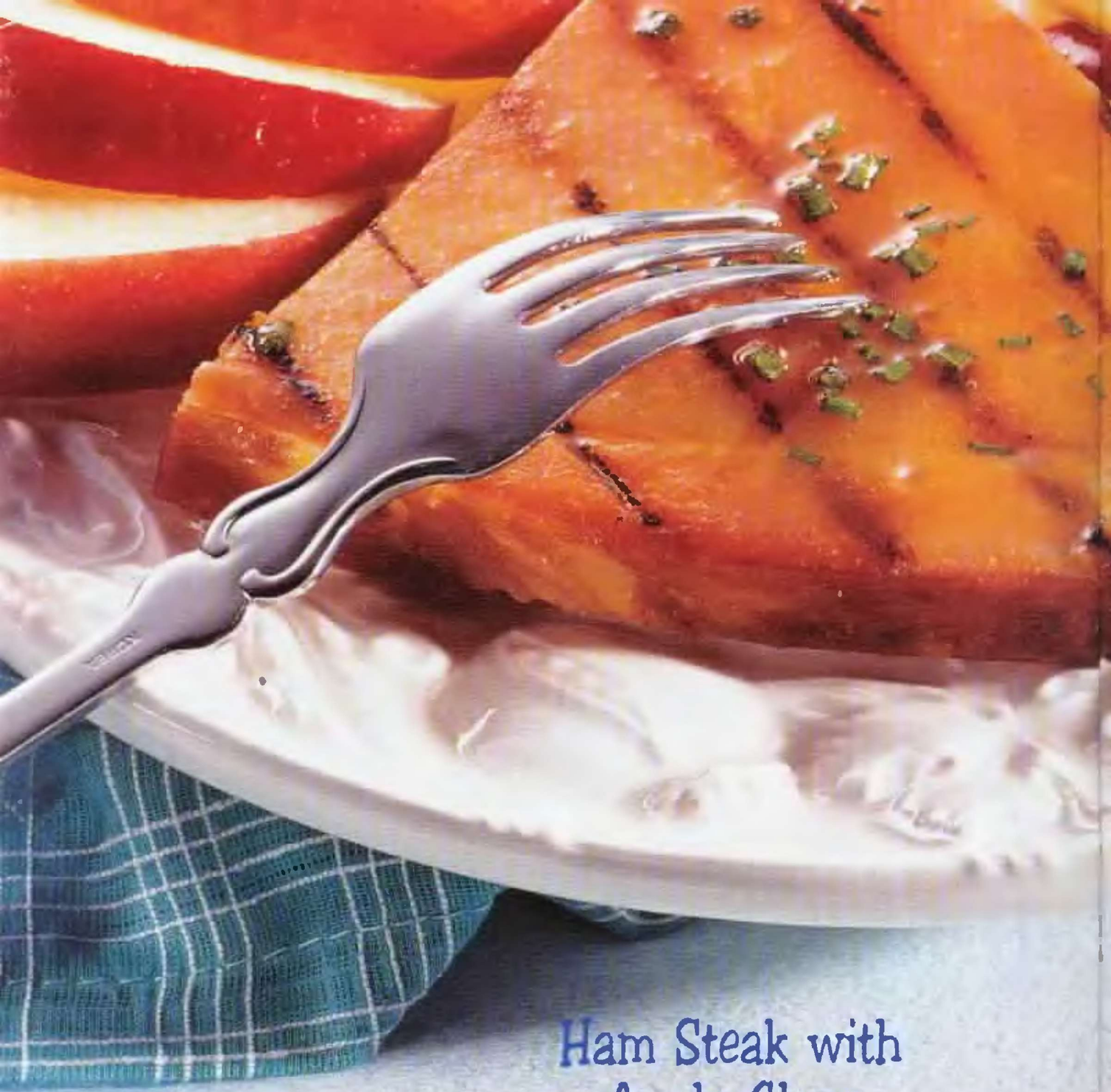
Make It Special

Garnish the plate with fresh peach slices and a fresh herb sprig.

Serving Suggestion

Serve this glazed, grilled pork with steamed green beans and purchased cornbread muffins.

From top:
Pork Chops with Spicy Corn Salsa p. 31,
Peach and Jalapeño-Glazed Pork Tenderloins



COOK'S NOTES

Ingredient Substitution

Four fully cooked smoked pork chops can be used in place of the ham steak.

Ham Steak with Apple Glaze

Pictured above

EASY

Prep Time: 20 minutes

¼ cup apple jelly
2 teaspoons prepared mustard
2 tablespoons chopped fresh chives
½ teaspoon dry mustard
⅛ teaspoon ginger
1 (1-lb.) fully cooked center-cut ham steak (½ inch thick)

1 GRILL DIRECTIONS: Heat grill. In small saucepan, combine all ingredients except ham steak. Cook over low heat until jelly is melted, stirring occasionally.

2 When ready to grill, oil grill rack. Place ham steak on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Brush with jelly mixture. Cook 8 to 10 minutes or until thoroughly heated, turning and brushing once with jelly mixture. Serve with remaining jelly mixture.

4 servings

Note: To broil ham steak, place on broiler pan; broil 4 to 6 inches from heat using times above as a guide, turning and brushing once with jelly mixture.

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1/4 of Recipe

Calories	190	Calories from Fat	45
		% DAILY VALUE	
Total Fat	5 g	8%	
Saturated	2 g	10%	
Cholesterol	50 mg	17%	
Sodium	1380 mg	58%	
Total Carbohydrate	14 g	5%	
Dietary Fiber	0 g	0%	
Sugars	8 g		
Protein	21 g		
Vitamin A	0%	Vitamin C	40%
Calcium	0%	Iron	6%

DIETARY EXCHANGES: 1 Fruit, 3 Lean Meat
OR 1 Carbohydrate, 3 Lean Meat

Microwave Option

To prepare the glaze in the microwave, combine ingredients in a microwave-safe measuring cup. Microwave on HIGH for 30 to 60 seconds or until jelly is melted, stirring once or twice.

Serving Suggestion

Serve this ham steak with Green Giant® Three Bean Salad, apple slices and whole wheat rolls.

COOK'S NOTES

Ingredient Substitution

Fresh baby carrots can be used in place of the sweet potatoes in this recipe. Before threading the carrots on skewers, simmer them, covered in water, for 4 to 6 minutes.

Make-Ahead Tip

You can prepare the steak the night before you grill it. It can marinate in the refrigerator for up to 12 hours.

Make It Special

Arrange the grilled steak and vegetable kabobs on a dark square or rectangular platter. Garnish the dish with trimmed green onions and orange slices.

Teriyaki Family Steak Dinner

Pictured on right

Prep Time: 25 minutes (Ready in 4 hours 25 minutes)

¾ cup purchased teriyaki baste and glaze
⅓ cup orange juice
1½ lb. boneless beef top round steak (1 to 1½ inches thick)
2 medium sweet potatoes, peeled, cut into 1½-inch pieces
2 medium red bell peppers, cut into 1½-inch pieces
1 medium zucchini, cut into 1-inch pieces

1 GRILL DIRECTIONS: In shallow nonmetal dish, combine teriyaki baste and glaze and orange juice; mix well. Add steak; turn to coat. Cover; refrigerate at least 4 hours to marinate, turning once.

2 In medium saucepan, combine sweet potatoes and enough water to cover. Bring to a boil. Reduce heat to medium; cook 6 to 8 minutes or until almost tender. Drain; cool slightly. Alternately thread sweet potatoes, bell peppers and zucchini onto six 12 to 14-inch metal skewers.

3 When ready to grill, oil grill rack. Remove steak from marinade; reserve marinade. Place steak and kabobs on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 12 to 15 minutes or until steak is of desired doneness and vegetables are tender, turning and brushing steak and kabobs once or twice with reserved marinade. Discard any remaining marinade. Cut steak into six pieces; serve kabobs with steak.

6 servings

Note: To broil steak, place on broiler pan; broil 4 to 6 inches from heat for 20 to 25 minutes, turning and brushing steak once or twice with reserved marinade. Place kabobs on broiler pan during last 12 to 15 minutes of broiling time; brush with reserved marinade.

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/6 of Recipe

Calories	210	Calories from Fat	35
		% DAILY VALUE	
Total Fat	4 g	6%	
Saturated	1 g	5%	
Cholesterol	60 mg	20%	
Sodium	730 mg	30%	
Total Carbohydrate	17 g	6%	
Dietary Fiber	2 g	8%	
Sugars	7 g		
Protein	26 g		
Vitamin A	200%	Vitamin C	70%
Calcium	2%	Iron	15%

Low Fat

DIETARY EXCHANGES: 1/2 Starch, 1/2 Fruit, 3-1/2 Very Lean Meat, 1/2 Fat **OR** 1 Carbohydrate, 3-1/2 Very Lean Meat, 1/2 Fat

COOK'S NOTES

Recipe Info

The cheese steak sandwich is believed to have been invented in Philadelphia in the 1930s. The classic recipe consists of an Italian or French roll topped with thinly sliced beef, American cheese and sautéed onions. We added bell peppers to our grilled version of the sandwich.

Ingredient Substitution

Cheddar or mozzarella cheese can be used in place of the American cheese.

Serving Suggestion

Serve these hot sandwiches with deli potato salad, dill pickles and grapes.

Grilled Philly Cheese Steak Kabob Sandwiches

Pictured on right

Prep Time: 35 minutes

1½ lb. boneless beef sirloin steak, cut into 1-inch cubes
½ teaspoon seasoned salt
¼ teaspoon pepper
1 green bell pepper, cut into 12 pieces
1 red bell pepper, cut into 12 pieces
1 medium onion, cut into 1-inch pieces
2 tablespoons olive oil
6 hoagie buns, split
¼ cup creamy mustard-mayonnaise sauce
6 slices American cheese, halved

1 GRILL DIRECTIONS: Heat grill. Sprinkle beef with seasoned salt and pepper. Alternately thread beef, bell peppers and onion onto six 12 to 14-inch metal skewers. Brush beef and vegetables with oil.

2 When ready to grill, place kabobs on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 8 to 12 minutes or until beef is of desired doneness, turning once.

3 During last 3 to 5 minutes of grilling, place buns, cut sides down, on grill. Cook until toasted. Spread with mustard-mayonnaise sauce. Top bottoms of buns with cheese.

4 To serve, place kabob over cheese in each bun; carefully remove skewer, holding bun firmly around beef and vegetables.

6 sandwiches

Note: To broil kabobs, place on broiler pan; broil 4 to 6 inches from heat using times above as a guide, turning once. During last 1 to 2 minutes of broiling, place buns, cut side up, on broiler pan. Broil until toasted.

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1 Sandwich

Calories	560	Calories from Fat	200
		% DAILY VALUE	
Total Fat	22 g		34%
Saturated	9 g		45%
Cholesterol	80 mg		27%
Sodium	1210 mg		50%
Total Carbohydrate	56 g		19%
Dietary Fiber	4 g		16%
Sugars	4 g		
Protein	34 g		
Vitamin A	20%	Vitamin C	40%
Calcium	25%	Iron	30%

DIETARY EXCHANGES: 3-1/2 Starch, 3-1/2 Lean Meat, 2 Fat
OR 3-1/2 Carbohydrate, 3-1/2 Lean Meat, 2 Fat

COOK'S NOTES

Ingredient Substitution

Hamburger buns can be used in place of the Italian bread slices. Layer each burger with toppings inside one bun.

Make Ahead Tip

Double the burger recipe and shape and wrap the patties for the freezer. Then, you'll have a start on two summer meals. The frozen burgers can be placed on the grill but will need additional cooking time to throughly cook them.

Serving Suggestion

Pasta salad from the deli is a perfect accompaniment to these open-faced sandwiches. Melon wedges and lemonade complete the summer meal.

Italian Cheeseburger Melts

Pictured on right

Prep Time: 30 minutes

BURGERS

1 lb. lean ground beef
¼ cup finely chopped onion
¼ cup finely chopped green bell pepper
3 garlic cloves, minced
½ teaspoon dried Italian seasoning
¼ teaspoon salt
1 egg, beaten

TOPPING AND BREAD

1 medium zucchini, sliced
1 cup sliced fresh mushrooms
2 tablespoons purchased Italian salad dressing
4 slices Italian bread
2 Italian plum tomatoes, sliced
4 (1½-oz.) slices mozzarella cheese, halved crosswise

1 GRILL DIRECTIONS: Heat grill. Cut 16×12-inch sheet of heavy-duty foil; spray foil with nonstick cooking spray. In medium bowl, combine all burger ingredients; mix well. Shape mixture into 4 patties, ½ inch thick.

2 In another medium bowl, combine zucchini, mushrooms and salad dressing; toss to coat.

3 When ready to grill, place sprayed foil on grill. Spoon vegetables onto sprayed foil. Place patties next to foil on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 11 to 13 minutes or until vegetables are tender and burgers are thoroughly cooked, stirring vegetables and turning burgers once during cooking.

4 Meanwhile, toast or grill bread slices; place on individual serving plates.

5 Top each burger on grill with tomato slices and cheese. When cheese is melted, place each topped burger on bread slice. Top with vegetables.

4 sandwiches

Note: To broil burgers and vegetables, place on broiler pan; broil 4 to 6 inches from heat using times above as a guide, turning burgers once and stirring vegetables occasionally. Top each burger with tomato and cheese, broil an additional 2 to 3 minutes or until cheese is melted.

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1 Sandwich

Calories	490	Calories from Fat	250
		% DAILY VALUE	
Total Fat	28 g		43%
Saturated	12 g		60%
Cholesterol	145 mg		48%
Sodium	670 mg		28%
Total Carbohydrate	23 g		8%
Dietary Fiber	2 g		8%
Sugars	4 g		
Protein	37 g		
Vitamin A	15%	Vitamin C	20%
Calcium	35%	Iron	20%

DIETARY EXCHANGES: 1 Starch, 1 Vegetable, 4-1/2 Medium-Fat Meat, 1 Fat **OR** 1 Carbohydrate, 1 Vegetable, 4-1/2 Medium-Fat Meat, 1 Fat

From top:
Italian Cheeseburger Melts, Lentil-Rice Patties p. 42

COOK'S NOTES

Ingredient Info

Like beans and peas, lentils are legumes. The small, lens-shaped dried seeds are popular in Europe, India and the Middle East. Lentils come in many colors, any of which will work for these patties.

Serving Suggestions

Perk up these patties with a Mediterranean-style potato salad made with cooked potato wedges, chopped onion, olives, roasted red bell peppers and marinated artichoke hearts. Use the marinade from the artichoke hearts to dress the potato salad. Season with oregano and pepper.

If desired, serve the patties in whole-grain buns.

Lentil-Rice Patties

Pictured on page 41

Prep Time: 35 minutes (Ready in 50 minutes)

1½ cups water
⅓ cup dry lentils, sorted, rinsed
½ cup uncooked regular long-grain white rice
¼ cup finely chopped onion
¼ teaspoon salt
½ cup pizza sauce
¼ cup Progresso® Plain Bread Crumbs
¼ cup shredded carrot
Dash coarse ground black pepper
1 egg, slightly beaten

1 GRILL DIRECTIONS: In medium saucepan, combine water and lentils. Bring to a boil. Reduce heat; cover and simmer 5 minutes. Add rice, onion and salt; mix well. Cover; simmer an additional 15 to 18 minutes or until liquid is absorbed and lentils and rice are tender, stirring frequently. Remove from heat.

2 Heat grill. Stir 2 tablespoons of the pizza sauce and remaining ingredients into lentil mixture, mashing mixture slightly while mixing. Refrigerate 5 minutes or until cool enough to handle. With wet hands, shape mixture into 6 patties, ½ inch thick.

3 When ready to grill, lightly oil grill rack. Place patties on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 6 to 8 minutes or until patties are golden brown and firm, turning once.

4 In small saucepan, heat remaining pizza sauce until hot. To serve, spoon warm sauce over patties.

6 patties

Note: To broil patties, place on sprayed broiler pan; broil 4 to 6 inches from heat using times above as a guide, turning once.

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1 Patty

Calories	140	Calories from Fat	20
		% DAILY VALUE	
Total Fat	2 g	3%	
Saturated	1 g	5%	
Cholesterol	35 mg	12%	
Sodium	330 mg	14%	
Total Carbohydrate	25 g	8%	
Dietary Fiber	4 g	16%	
Sugars	3 g		
Protein	6 g		
Vitamin A	30%	Vitamin C	4%
Calcium	2%	Iron	10%

DIETARY EXCHANGES: 1-1/2 Starch, 1/2 Very Lean Meat
OR 1-1/2 Carbohydrate, 1/2 Very Lean Meat

Halibut Kabobs

Pictured on page 45

Prep Time: 25 minutes

6 small red potatoes, unpeeled, halved
1 lb. halibut, cut into 1¼ to 1½-inch pieces
2 small zucchini, cut into 12 pieces
2 tablespoons chopped fresh chives
2 tablespoons lemon juice
2 tablespoons Dijon mustard
1 tablespoon honey
Dash ground red pepper (cayenne)

1 GRILL DIRECTIONS: In medium saucepan, combine potatoes and enough water to cover. Bring to a boil. Reduce heat to medium; cook 5 to 6 minutes or until almost tender. Drain; cool slightly.

2 Meanwhile, heat grill. Alternately thread halibut, partially cooked potatoes and zucchini onto four 12 to 14-inch metal skewers. In small bowl, combine all remaining ingredients; mix well.

3 When ready to grill, oil grill rack. Place kabobs on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Brush kabobs with chive mixture. Cook 10 to 15 minutes or until fish flakes easily with fork and potatoes are tender, turning and brushing frequently with chive mixture. Discard any remaining chive mixture.

4 kabobs

Note: To broil kabobs, place on sprayed broiler pan; broil 4 to 6 inches from heat using times above as a guide, turning and brushing frequently with chive mixture.

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1 Kabob

Calories	280	Calories from Fat	25
		% DAILY VALUE	
Total Fat	3 g	5%	
Saturated	0 g	0%	
Cholesterol	35 mg	12%	
Sodium	120 mg	5%	
Total Carbohydrate	36 g	12%	
Dietary Fiber	4 g	16%	
Sugars	4 g		
Protein	27 g		
Vitamin A	8%	Vitamin C	25%
Calcium	8%	Iron	15%

DIETARY EXCHANGES: 2 Starch, 1/2 Vegetable, 3 Very Lean Meat **OR** 2 Carbohydrate, 1/2 Vegetable, 3 Very Lean Meat

COOK'S NOTES

Ingredient Info

Halibut is a large fish from the northern waters of the Pacific and Atlantic Oceans. One fish can weigh up to half a ton, but usually ranges between 50 to 100 pounds. The flesh is firm, white and mild-tasting.

Ingredient Substitution

Salmon can be used in place of halibut for these kabobs.

Microwave Option

To microwave the potatoes, place them in a shallow microwave-safe dish. Microwave on HIGH for 6 to 8 minutes or until almost tender, turning and rearranging them once. Cool potatoes slightly before threading them onto skewers.

COOK'S NOTES

Ingredient Info

Capers, which are available in small and large varieties, are flower buds from a bush grown in the Mediterranean and Asia. The buds are sun-dried and then pickled in brine. If you prefer, chop large capers before adding them to the sauce.

Serving Suggestion

Serve this salmon with grilled asparagus and new potatoes. Leave any small potatoes whole, and halve or quarter large ones. Blanch potatoes for 5 minutes. Toss the vegetables with a little olive oil and season them with salt and pepper. Spear the potatoes onto metal skewers. Place potato kabobs and the asparagus spears directly on the grill all around the salmon. Cook the vegetables along with the salmon, turning once.

Cilantro Salmon on the Grill

Pictured on right

Prep Time: 25 minutes (Ready in 4 hours 25 minutes)

SAUCE

½ cup mayonnaise
¼ cup chopped fresh cilantro
2 tablespoons drained capers
2 tablespoons finely chopped red onion
1 tablespoon lemon juice

SALMON

1 cup purchased Italian salad dressing
2 tablespoons lemon juice
1 cup coarsely chopped fresh cilantro
1½ lb. salmon fillets (with skin)
¼ to ½ teaspoon coarse ground black pepper

1 GRILL DIRECTIONS: In small bowl, combine all sauce ingredients; mix well. Refrigerate while preparing salmon.

2 In shallow nonmetal dish, combine salad dressing, 2 tablespoons lemon juice and 1 cup cilantro; mix well. Add salmon; turn to coat. Cover; refrigerate at least 4 hours to marinate.

3 . Meanwhile, heat grill. When ready to grill, remove salmon from marinade; reserve marinade. Place salmon, skin side down, on gas grill over medium-low heat or on charcoal grill 4 to 6 inches from medium-low coals. Sprinkle with pepper; cover grill. Cook 12 to 15 minutes or until fish flakes easily with fork, brushing once or twice with reserved marinade. Discard any remaining marinade.

4 To serve, carefully remove skin from salmon; discard skin. Serve salmon with sauce. If desired, garnish with lemon wedges and cilantro.

6 servings

Note: To broil salmon, place skin side down on broiler pan; broil 4 to 6 inches from heat using times above as a guide.

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/6 of Recipe

Calories	390	Calories from Fat	270
		% DAILY VALUE	
Total Fat	30 g	46%	
Saturated	5 g	25%	
Cholesterol	95 mg	32%	
Sodium	330 mg	14%	
Total Carbohydrate	2 g	1%	
Dietary Fiber	0 g	0%	
Sugars	2 g		
Protein	27 g		
Vitamin A	8%	Vitamin C	2%
Calcium	0%	Iron	4%

DIETARY EXCHANGES: 4 Lean Meat, 3-1/2 Fat

From top:
Halibut Kabobs p. 43,
Cilantro Salmon on the Grill

Lamb Chops with Currant Sauce

Pictured on left

Prep Time: 25 minutes

⅓ cup currant jelly
2 tablespoons cider vinegar
2 tablespoons orange juice
2 to 3 teaspoons chopped fresh tarragon or ½ to 1 teaspoon dried tarragon leaves
8 lamb loin chops (¾ to 1 inch thick)
½ teaspoon salt
½ teaspoon coarsely ground black pepper

1 GRILL DIRECTIONS: Heat grill. In small saucepan, combine jelly, vinegar, orange juice and tarragon. Cook over medium heat for about 5 minutes or until jelly melts, stirring frequently. Reserve ¼ cup currant sauce in small bowl. Set remaining sauce aside.

2 When ready to grill, oil grill rack. Sprinkle both sides of lamb chops with salt and pepper. Place chops on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 10 to 12 minutes or until of desired doneness, turning once and brushing frequently with reserved ¼ cup sauce. To serve, spoon remaining currant sauce over lamb chops.

4 servings

Note: To broil lamb chops, place on broiler pan; broil 4 to 6 inches from heat using times above as a guide, turning once and brushing frequently with reserved ¼ cup sauce.

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1/4 of Recipe

Calories	270	Calories from Fat	80
		% DAILY VALUE	
Total Fat	9 g	14%	
Saturated	3 g	15%	
Cholesterol	85 mg	28%	
Sodium	350 mg	15%	
Total Carbohydrate	19 g	6%	
Dietary Fiber	0 g	0%	
Sugars	11 g		
Protein	28 g		
Vitamin A	0%	Vitamin C	4%
Calcium	2%	Iron	10%

Low Fat

DIETARY EXCHANGES: 1 Fruit, 4 Lean Meat
OR 1 Carbohydrate, 4 Lean Meat

COOK'S NOTES

Ingredient Substitution

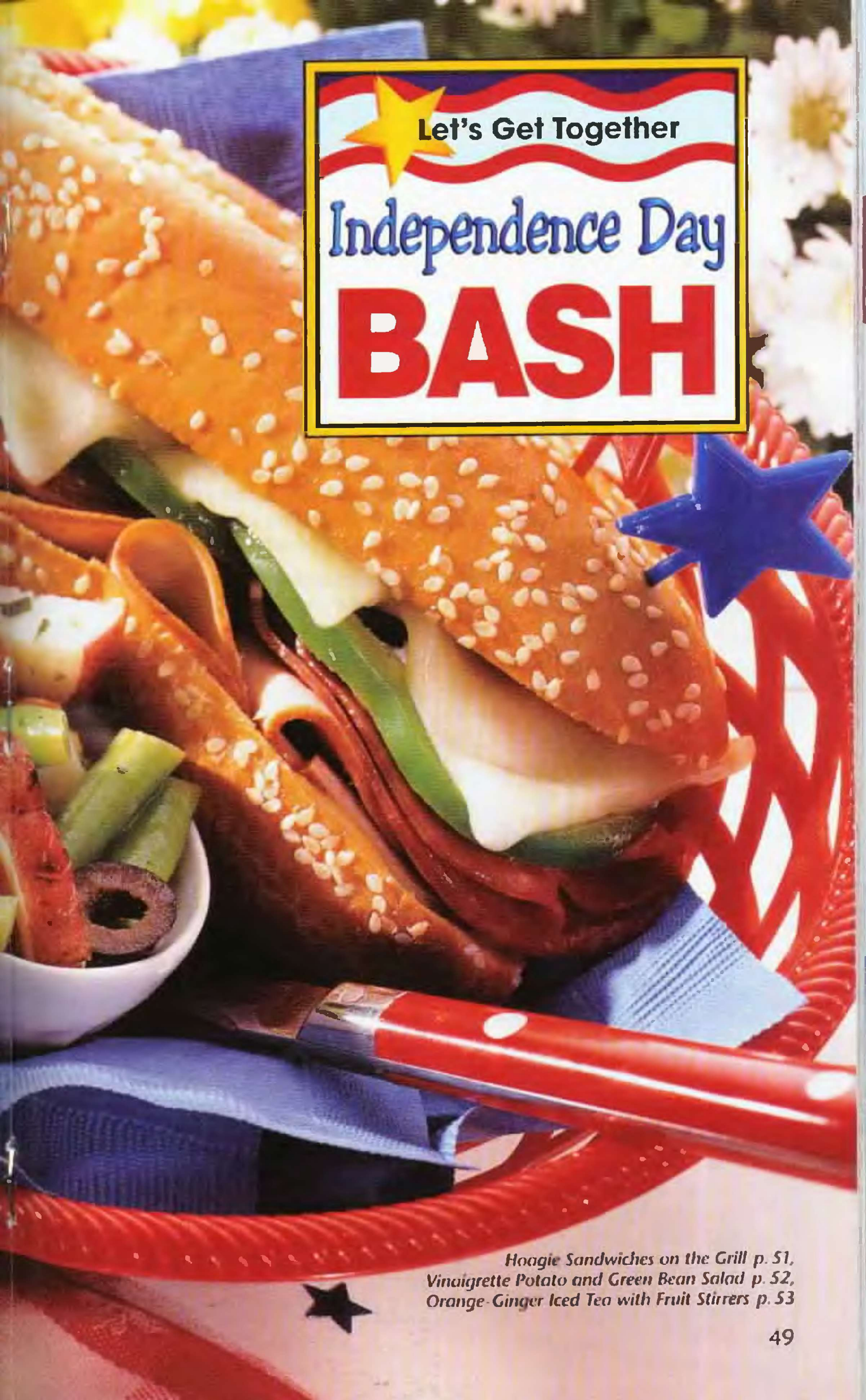
Balsamic vinegar can be used in place of the cider vinegar in the sauce for these lamb chops. The resulting sauce will be slightly darker and sweeter.

Kitchen Tip

For the tenderest lamb chops, cook them just until done. Lamb chops are done when a meat thermometer inserted in the center registers 150°F. The center will be slightly pink.

Serving Suggestion

Serve these lamb chops with buttered, new potatoes and steamed green beans.



Hoagie Sandwiches on the Grill p. 51,
Vinaigrette Potato and Green Bean Salad p. 52,
Orange-Ginger Iced Tea with Fruit Stirrers p. 53

Independence Day BASH

MENU FOR 8

Corn Chips and Purchased Salsa

Hoagies Sandwiches on the Grill

Vinaigrette Potato and Green Bean Salad p. 52

Steamed or Grilled Corn on the Cob

Watermelon Wedges

Easy Independence Day Cookie Pizza p. 55

Orange-Ginger Iced Tea with Fruit Stirrers p. 53

Assorted Soda Pop

Blossom Hill White Zinfandel

On this most American of holidays, decorate the porch or yard with red, white and blue streamers or balloons and get ready to enjoy the official start to the heart of summer. A quick menu starring grilled hoagie sandwiches makes the day easy on the cook. Celebrate!

EASY TABLE DECORATIONS:

- Make a patriotic centerpiece by lining a wooden or wicker basket with a navy-and-white striped cloth napkin, kitchen towel or fabric square. Fill the basket with fresh cherries, strawberries or raspberries (see below).
- Sprinkle red and blue party sequin stars onto a white tablecloth.
- Decorate red, white and blue plastic or cardboard party cups with red, white and silver foil stars.
- At each place, set a miniature vase, white coffee mug or clear glass jar filled with mini red and white carnations (trimmed); tie the vase with a blue ribbon.
- For an evening party, cluster red, white and blue votives at strategic points around the table or set white and blue floating candles in water amid red rose petals.
- For a night time party, decorate the patio with Christmas lights fitted with red, white and blue bulbs!

"Pop in to see us!"

Spread the word for an Independence Day celebration with a dynamite invitation:

Cut a firecracker shape or a rocket shape from red construction paper or a colored index card. Write the message with a silver or gold marker and decorate the paper with glitter glue or foil stars. Enclose a few party sequins in the envelope. Glue on a piece of ribbon or string for a "wick."

Hoagie Sandwiches on the Grill

EASY

Pictured on page 49

Prep Time: 25 minutes

8 (6 to 7-inch) soft hoagie buns, split
¾ cup creamy mustard-mayonnaise sauce
1 lb. thinly sliced cooked turkey or chicken
8 oz. thinly sliced salami or summer sausage
8 (1¾-oz.) slices provolone or mozzarella cheese, quartered if desired
1 green bell pepper, thinly sliced

1 GRILL DIRECTIONS: Heat grill. Cut eight 12×12-inch pieces of heavy-duty foil. Spread cut sides of buns with mustard-mayonnaise sauce. Fill buns with turkey, salami, cheese and bell pepper; place sandwiches on foil. Wrap each securely with double-fold seals.

2 When ready to grill, place sandwiches on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 8 to 10 minutes or until thoroughly heated.

8 sandwiches

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1 Sandwich

Calories	710	Calories from Fat	310
		% DAILY VALUE	
Total Fat	34 g	52%	
Saturated	16 g	80%	
Cholesterol	100 mg	33%	
Sodium	1860 mg	78%	
Total Carbohydrate	57 g	19%	
Dietary Fiber	3 g	12%	
Sugars	3 g		
Protein	44 g		
Vitamin A	10%	Vitamin C	10%
Calcium	50%	Iron	25%

DIETARY EXCHANGES: 4 Starch, 4-1/2 Medium-Fat Meat, 1-1/2 Fat OR 4 Carbohydrate, 4-1/2 Medium-Fat Meat, 1-1/2 Fat

COOK'S NOTES

Healthy Hint

For your health-conscious guests, provide a selection of low-fat meats and cheeses for making these sandwiches. Fresh vegetables also help to build healthful hoagies. Offer tomato and cucumber slices, sprouts and shredded cabbage.

Make It Special

Set out the ingredients for these hoagies and let guests prepare their own. Include extra mustards, mayonnaise and such garnishes as pickles, sprouts and olives. Wrap the sandwiches in foil and heat as directed.

COOK'S NOTES

Ingredient Substitutions

Any new potatoes (about 1¼ inches in diameter) can be used in place of the small red potatoes.

Regular balsamic vinegar can be used in place of the white balsamic vinegar; the dressing will have a darker color.

Make It Special

Spoon this flavorful potato salad in a decorative serving bowl and garnish with sprigs of fresh marjoram.

Vinaigrette Potato and Green Bean Salad

Pictured on page 49

Prep Time: 30 minutes

SALAD

1 lb. small red potatoes, unpeeled, halved
8 oz. fresh green beans, halved
1 (2¼-oz.) can sliced ripe olives, drained

DRESSING

⅓ cup white balsamic vinegar
¼ cup olive oil
2 teaspoons chopped fresh marjoram or ½ teaspoon dried marjoram leaves
½ teaspoon salt
¼ teaspoon garlic-pepper blend

1 In large saucepan, combine potatoes and enough water to cover. Bring to a boil. Reduce heat to medium; cook 8 to 10 minutes or until tender.

2 Remove potatoes with slotted spoon; place in colander or large strainer to drain. Add green beans to water. Bring to a boil. Reduce heat; cook 4 to 6 minutes or until crisp-tender.

3 Drain beans in colander with potatoes. Rinse potatoes and beans with cold water to cool. Cut potatoes into slices.

4 In medium bowl, combine all dressing ingredients; mix well. Add potatoes, beans and olives; toss to coat. Serve immediately, or cover and refrigerate until serving time.

8 (½-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/2 Cup

Calories	140	Calories from Fat	70
		% DAILY VALUE	
Total Fat	8 g	12%	
Saturated	1 g	5%	
Cholesterol	0 mg	0%	
Sodium *	220 mg	9%	
Total Carbohydrate	14 g	5%	
Dietary Fiber	2 g	8%	
Sugars	1 g		
Protein	2 g		
Vitamin A	4%	Vitamin C	10%
Calcium	2%	Iron	6%

DIETARY EXCHANGES: 1 Starch, 1-1/2 Fat
OR 1 Carbohydrate, 1-1/2 Fat

Orange-Ginger Iced Tea with Fruit Stirrers

Pictured on page 48

Prep Time: 5 minutes (Ready in 3 hours 5 minutes)

TEA

- 6 tea bags
- 1 (1-inch) piece gingerroot, cut into thin slices
- 1 medium orange, quartered
- 8 cups water

FRUIT STIRRERS

- 8 strawberries
- 8 orange, lemon or lime wedges
- 8 cantaloupe or honeydew melon balls
- 8 slices star fruit, if desired
- 8 (6-inch) skewers

1 In 2-quart nonmetal pitcher, combine all tea ingredients. Cover; let stand in sun for 2 hours.

2 Remove and discard tea bags, gingerroot and orange from tea. Refrigerate at least 1 hour or until chilled.

3 To serve, alternately thread fruit onto skewers. Place ice cubes in glasses; pour tea over ice. Place 1 fruit stirrer in each glass. If desired, serve with sugar and/or sweetener.

8 (1-cup) servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1 Cup

Calories	15	Calories from Fat	0
		% DAILY VALUE	
Total Fat	0 g	0%	
Saturated	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	0 mg	0%	
Total Carbohydrate	4 g	1%	
Dietary Fiber	1 g	3%	
Sugars	4 g		
Protein	0 g		
Vitamin A	10%	Vitamin C	40%
Calcium	0%	Iron	0%

DIETARY EXCHANGES: 1/2 Fruit OR 1/2 Carbohydrate

COOK'S NOTES

Ingredient Info

Leaves from a magnolia-related evergreen shrub are processed into black, green or oolong tea. There are many varieties of each of these three types of tea. For this iced tea, do not use fruit-flavored tea.

Ingredient Substitution

One lemon can be used in place of the orange in the iced-tea mixture.

Storage Tip

Stored in a tightly covered container, this iced tea will keep in the refrigerator for up to 2 days.

Easy Independence Day Cookie Pizza

Pictured on left

Prep Time: 20 minutes (Ready in 1 hour 35 minutes)

1 (18-oz.) pkg. Pillsbury Refrigerated Sugar Cookies
1 (8-oz.) pkg. cream cheese, softened
¼ cup powdered sugar
2 teaspoons grated lemon peel
2 cups fresh raspberries
1½ cups fresh blueberries
¼ cup apple jelly, melted

1 Heat oven to 350°F. Spray 12-inch pizza pan with nonstick cooking spray. Cut cookie dough into ¼-inch slices; place in sprayed pan. Press over bottom to form crust.

2 Bake at 350°F. for 15 to 20 minutes or until deep golden brown. Cool 25 minutes or until completely cooled.

3 In medium bowl, combine cream cheese, powdered sugar and lemon peel; beat until fluffy. Spread over cooled crust. Arrange raspberries in large star shape in center. Arrange blueberries around raspberries. Drizzle or brush with melted jelly. Refrigerate 30 minutes or until set. Store in refrigerator.

24 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/24 of Recipe

Calories	150	Calories from Fat	60
		% DAILY VALUE	
Total Fat	7 g	11%	
Saturated	3 g	15%	
Cholesterol	15 mg	5%	
Sodium	115 mg	5%	
Total Carbohydrate	19 g	6%	
Dietary Fiber	1 g	4%	
Sugars	11 g		
Protein	2 g		
Vitamin A	4%	Vitamin C	6%
Calcium	0%	Iron	4%

DIETARY EXCHANGES: 1 Starch, 1/2 Fruit, 1 Fat
OR 1-1/2 Carbohydrate, 1 Fat

COOK'S NOTES

Ingredient Substitution

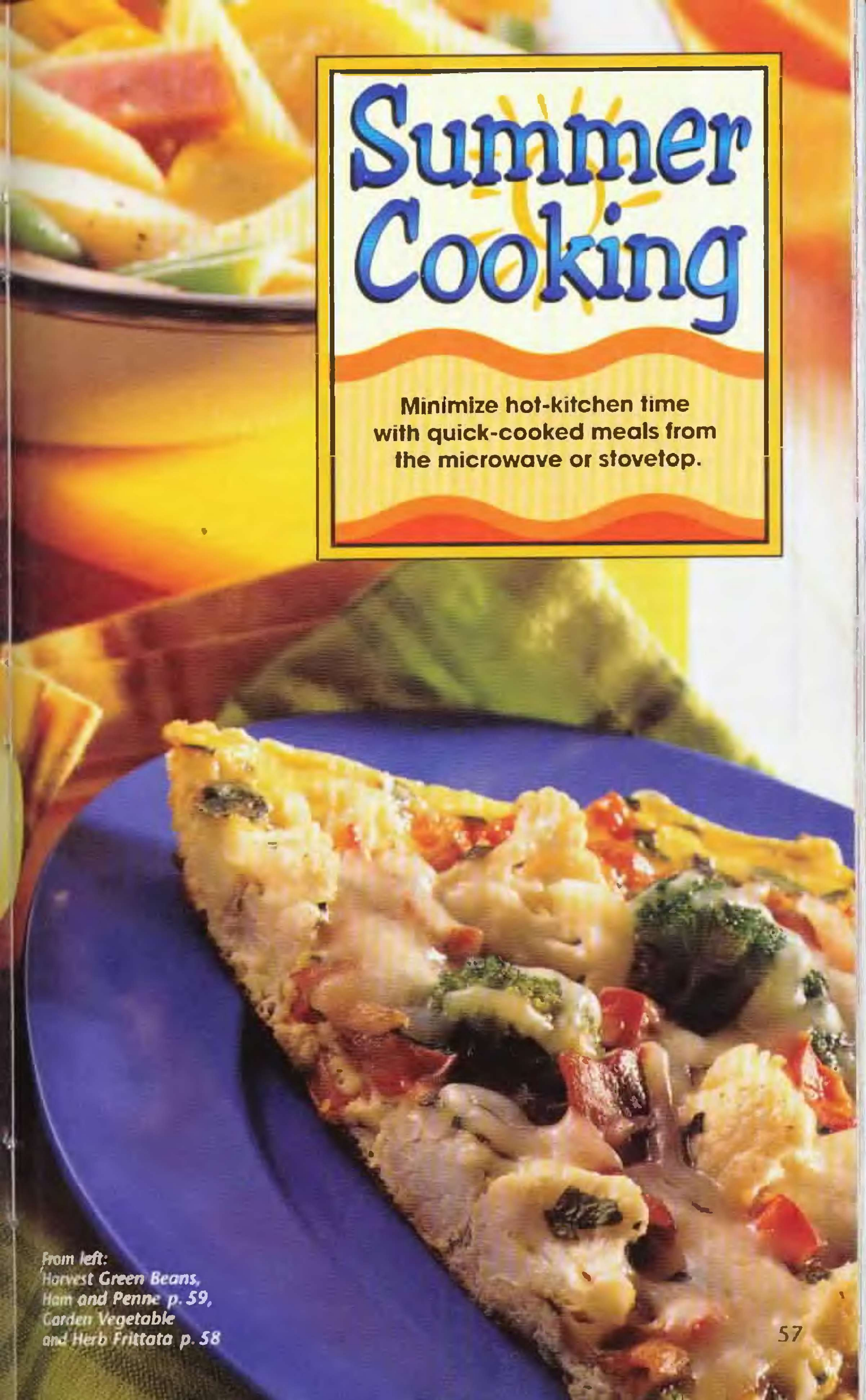
Pitted fresh cherries or sliced strawberries can be used in place of the raspberries on this cookie pizza.

Kitchen Tip

Rinse and drain the blueberries and raspberries just before using them, then place them on a paper towel to dry.

Make-Ahead Tip

Prepare, bake and cool the cookie crust; wrap it tightly and store at room temperature for up to 1 day. Assemble the pizza up to 4 hours in advance. Keep it refrigerated until serving time.



Summer Cooking

Minimize hot-kitchen time with quick-cooked meals from the microwave or stovetop.

From left: Harvest Green Beans, Ham and Penne p. 59, Garden Vegetable and Herb Frittata p. 58

COOK'S NOTES

Recipe Info

Frittatas are Italian-style omelets that are round, not folded. The vegetables and meats for frittatas are mixed into the eggs rather than wrapped inside the omelet. The ingredients are cooked slowly over low heat until the frittata is firm.

Kitchen Tip

It's easy to snip fresh herbs with a kitchen scissors. Place the herbs in a small narrow bowl and hold the tips of the scissors at the bottom of the bowl. Snip the leaves into small pieces.

Serving Suggestion

Whether served for brunch, lunch or dinner, frittatas are quick and satisfying. At brunch, serve a frittata with fresh blueberry muffins and juice. For lunch or dinner, add a tossed green salad and offer iced tea.

Garden Vegetable and Herb Frittata

Pictured on page 57

Prep Time: 40 minutes

6 eggs
⅓ cup milk
2 tablespoons chopped fresh basil or ½ teaspoon dried basil leaves
2 tablespoons chopped fresh oregano or ½ teaspoon dried oregano leaves
¼ teaspoon salt
⅛ teaspoon pepper
4 slices bacon, cut into 1-inch pieces
1½ cups fresh small cauliflower florets
1 cup fresh small broccoli florets
½ cup chopped red bell pepper
2 oz. (½ cup) shredded Swiss cheese

1 In medium bowl, beat eggs. Add milk, basil, oregano, salt and pepper; beat well. Set aside.

2 Cook bacon in large skillet over medium heat until crisp. Add cauliflower, broccoli and bell pepper; cover and cook 3 to 5 minutes or until vegetables are crisp-tender, stirring occasionally.

3 Reduce heat to low. Carefully pour egg mixture into skillet; cover and cook 8 to 10 minutes or until center is set, lifting edges occasionally to allow uncooked egg to flow to bottom of skillet.

4 Sprinkle with cheese; cover and cook 1 to 2 minutes or until melted. To serve, cut into wedges.

4 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	370	Calories from Fat	230
		% DAILY VALUE	
Total Fat	25 g	38%	
Saturated	10 g	50%	
Cholesterol	350 mg	117%	
Sodium	450 mg	19%	
Total Carbohydrate	19 g	6%	
Dietary Fiber	2 g	8%	
Sugars	4 g		
Protein	17 g		
Vitamin A	40%	Vitamin C	60%
Calcium	20%	Iron	10%

DIETARY EXCHANGES: 1-1/2 Starch, 1-1/2 Medium-Fat Meat, 3 Fat OR 1-1/2 Carbohydrate, 1-1/2 Medium-Fat Meat, 3 Fat

Harvest Green Beans, Ham and Penne

Pictured on page 56

Prep Time: 25 minutes

8 oz. (2½ cups) uncooked penne (tube-shaped pasta)
8 oz. fresh green beans, cut into 1½-inch pieces (2 cups)
2 tablespoons olive oil
1 medium onion, cut into thin wedges
2 small yellow summer squash, sliced
1 cup bite-sized cooked ham strips
½ teaspoon lemon-pepper seasoning
¼ teaspoon dried marjoram leaves

1 Cook penne to desired doneness as directed on package, adding green beans during last 7 to 8 minutes of cooking time. Drain penne and beans.

2 Meanwhile, heat 1 tablespoon of the oil in large skillet over medium-high heat until hot. Add onion; cook and stir 2 minutes. Add squash; cover and cook 3 to 4 minutes or until tender.

3 Add ham, lemon-pepper seasoning, marjoram, cooked penne and green beans and remaining 1 tablespoon oil; mix well. Cook 3 to 5 minutes or until thoroughly heated, stirring occasionally.

5 (1½-cup) servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1-1/2 Cups			
Calories	300	Calories from Fat	70
		% DAILY VALUE	
Total Fat	8 g	12%	
Saturated	1 g	5%	
Cholesterol	15 mg	5%	
Sodium	440 mg	18%	
Total Carbohydrate	44 g	15%	
Dietary Fiber	5 g	20%	
Sugars	6 g		
Protein	14 g		
Vitamin A	10%	Vitamin C	25%
Calcium	6%	Iron	15%

DIETARY EXCHANGES: 2-1/2 Starch, 1 Vegetable, 1/2 Lean Meat, 1 Fat OR 2-1/2 Carbohydrate, 1 Vegetable, 1/2 Lean Meat, 1 Fat

COOK'S NOTES

Ingredient Substitution

Frozen green beans can be used in place of the fresh green beans. Zucchini can be used in place of the yellow summer squash.

Make-Ahead Tip

Cook the penne and green beans in advance. Toss them with 1 tablespoon of olive oil and place in a resealable food storage plastic bag. Refrigerate for up to 8 hours. Omit the 1 tablespoon of oil when adding the ham and seasoning to the penne and green beans.

Serving Suggestion

Serve this easy penne dish with French bread and flavored sparkling water.

Toasted Ham and Gouda Sandwiches

Pictured on left

Prep Time: 20 minutes

8 slices pumpernickel bread
¼ cup creamy mustard-mayonnaise sauce
2 tablespoons chopped fresh chives
8 oz. thinly sliced cooked ham
1 medium tomato, sliced
8 oz. Gouda cheese, sliced
3 tablespoons butter, softened

1 Spread each bread slice with mustard-mayonnaise sauce. Sprinkle 4 slices with chives; top with ham, tomato and cheese. Cover with remaining bread slices, sauce side down. Spread 1 tablespoon of the butter on tops of sandwiches.

2 Melt remaining 2 tablespoons butter in 12-inch skillet over low heat. Add sandwiches, buttered side up; cover and cook 3 to 4 minutes or until toasted.

3 Turn sandwiches; cover and cook an additional 3 to 4 minutes or until toasted and cheese is melted.

4 sandwiches

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1 Sandwich

Calories	560	Calories from Fat	290
		% DAILY VALUE	
Total Fat	32 g		49%
Saturated	18 g		90%
Cholesterol	115 mg		38%
Sodium	1960 mg		82%
Total Carbohydrate	37 g		12%
Dietary Fiber	5 g		20%
Sugars	4 g		
Protein	31 g		
Vitamin A	20%	Vitamin C	8%
Calcium	45%	Iron	15%

DIETARY EXCHANGES: 2-1/2 Starch, 3-1/2 Lean Meat, 4 Fat
OR 2-1/2 Carbohydrate, 3-1/2 Lean Meat, 4 Fat

COOK'S NOTES

Ingredient Info

Gouda is a popular cheese from Holland. It has a creamy texture and a mild, nut-like flavor that gets stronger as it ages. Gouda made in the United States is not usually aged and thus tastes quite mild.

Ingredient Substitution

Three tablespoons of mayonnaise combined with 1 tablespoon of Dijon mustard can be used in place of the mustard-mayonnaise sauce.

COOK'S NOTES

Recipe Fact

Cajun cooking is a robust and spicy combination of French and Southern cuisines. A mixture of chopped celery, bell pepper and onion is a common base for many Cajun dishes.

Ingredient Info

Sometimes called turtle beans, black beans are available dried or canned. The small beans have a purple-black skin, a cream-colored interior and a sweet flavor.

Ingredient Substitution

One-half cup of coarsely chopped bell pepper and ½ cup of coarsely chopped onion can be used in place of the bell pepper and onion stir-fry mixture.

Cajun Black Beans with Sausage and Corn

Pictured on right

Prep Time: 20 minutes

2 tablespoons oil
2 garlic cloves, minced
1 cup frozen bell pepper and onion stir-fry
1½ cups Green Giant® Niblets® Frozen Corn
8 oz. smoked kielbasa sausage, coarsely chopped
½ teaspoon salt
½ teaspoon dried thyme leaves
¼ teaspoon black and red pepper blend
1½ cups chopped fresh tomatoes
1 (15-oz.) can Green Giant,® Old El Paso® or Progresso® Black Beans, drained, rinsed

1 Heat oil in large skillet over medium-high heat until hot. Add garlic; cook and stir 1 minute. Add bell pepper and onion stir-fry; cook and stir 2 to 3 minutes or until crisp-tender.

2 Add corn, sausage, salt, thyme and pepper blend; mix well. Cook 3 to 5 minutes or until corn is tender, stirring occasionally.

3 Add tomatoes and beans; cook 3 to 5 minutes or until thoroughly heated, stirring occasionally.

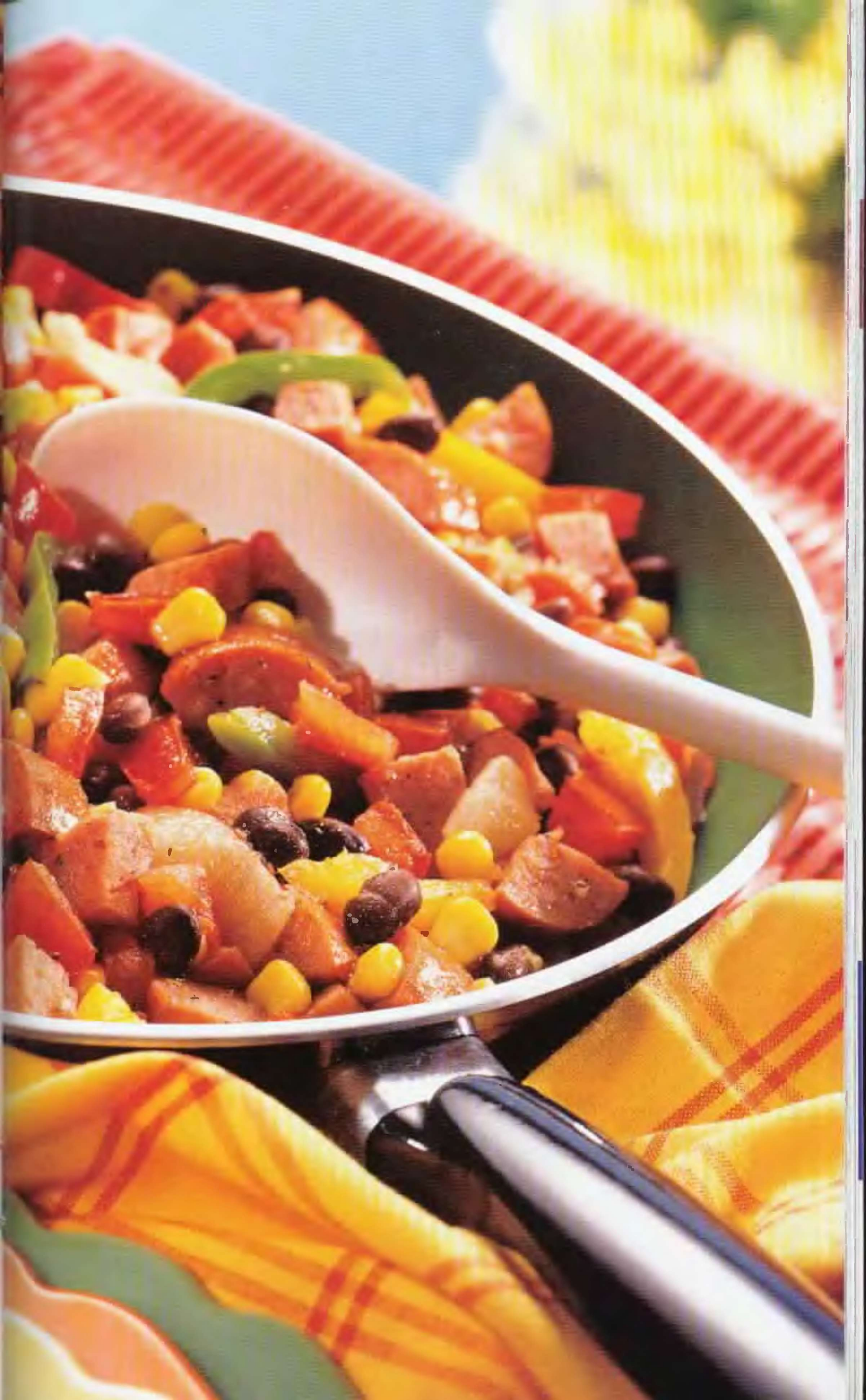
4 (1¼-cup) servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1-1/4 Cups

Calories	390	Calories from Fat	210
		% DAILY VALUE	
Total Fat	23 g	35%	
Saturated	7 g	35%	
Cholesterol	40 mg	13%	
Sodium	1110 mg	46%	
Total Carbohydrate	30 g	10%	
Dietary Fiber	7 g	28%	
Sugars	5 g		
Protein	15 g		
Vitamin A	10%	Vitamin C	20%
Calcium	6%	Iron	15%

DIETARY EXCHANGES: 2 Starch, 1-1/2 High-Fat Meat, 2 Fat OR 2 Carbohydrate, 1-1/2 High-Fat Meat, 2 Fat



Cheesy Barbecue Beef Sandwich Pockets

Pictured on left

EASY

Prep Time: 15 minutes

1⅓ cups purchased refrigerated beef in barbecue sauce
2 (8-inch) pita (pocket) breads, halved
¼ cup purchased ranch salad dressing
4 oz. (1 cup) shredded Monterey Jack cheese
1 cup shredded lettuce
1 cup chopped tomatoes

1 Heat beef in barbecue sauce in medium saucepan over low heat until hot, stirring occasionally.

2 Meanwhile, spread inside of each pita bread half with salad dressing. Place ¼ cup cheese in each half. Top each with about 2 tablespoons lettuce and tomatoes.

3 Spoon warm beef into pita halves. Top with remaining lettuce and tomatoes.

4 sandwiches

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1 Sandwich

Calories	510	Calories from Fat	200
		% DAILY VALUE	
Total Fat	22 g	34%	
Saturated	9 g	45%	
Cholesterol	60 mg	20%	
Sodium	1240 mg	52%	
Total Carbohydrate	47 g	16%	
Dietary Fiber	4 g	16%	
Sugars	14 g		
Protein	30 g		
Vitamin A	20%	Vitamin C	15%
Calcium	35%	Iron	25%

DIETARY EXCHANGES: 3 Starch, 3 Medium-Fat Meat, 1 Fat
OR 3 Carbohydrate, 3 Medium-Fat Meat, 1 Fat

COOK'S NOTES

Ingredient Info

Look for beef in barbecue sauce in the supermarket meat department.

Ingredient Substitution

Hamburger or hoagie buns can be used in place of the pita bread. Layer dressing, the beef and the toppings inside each bun.

Serving Suggestion

Serve these hearty sandwiches with coleslaw, strawberries and iced tea.

From top:
Cheesy Barbecue Beef Sandwich Pockets,
Easy Mustard Potato Salad p. 71

COOK'S NOTES

Ingredient Substitutions

Precut chicken strips can be used in place of the chicken breast halves in this recipe. Look for them in the supermarket meat department.

Oriental-flavored ramen noodle soup mix can be used in place of the chicken-flavored ramen noodle soup mix.

Serving Suggestion

This meal-in-one chicken sauté goes great with garlic-buttered toasted French bread and strawberries.

Garden Chicken Sauté

Pictured on right

Prep Time: 20 minutes

2 teaspoons olive or vegetable oil
2 boneless skinless chicken breast halves, cut into 1-inch pieces
2 garlic cloves, minced
2 cups water
1 teaspoon dried Italian seasoning
1 cup fresh baby carrots, halved crosswise
2 (3-oz.) pkg. chicken-flavor ramen noodle soup mix
2 cups sliced zucchini

1 Heat oil in large nonstick skillet over medium-high heat until hot. Add chicken and garlic; cook and stir 4 to 5 minutes or until chicken is browned.

2 Stir in water, Italian seasoning, carrots and seasoning packet from 1 of the soup mixes. Reserve remaining seasoning packet for a future use or discard. Bring to a boil. Reduce heat; cover and cook 6 to 7 minutes or until carrots are crisp-tender.

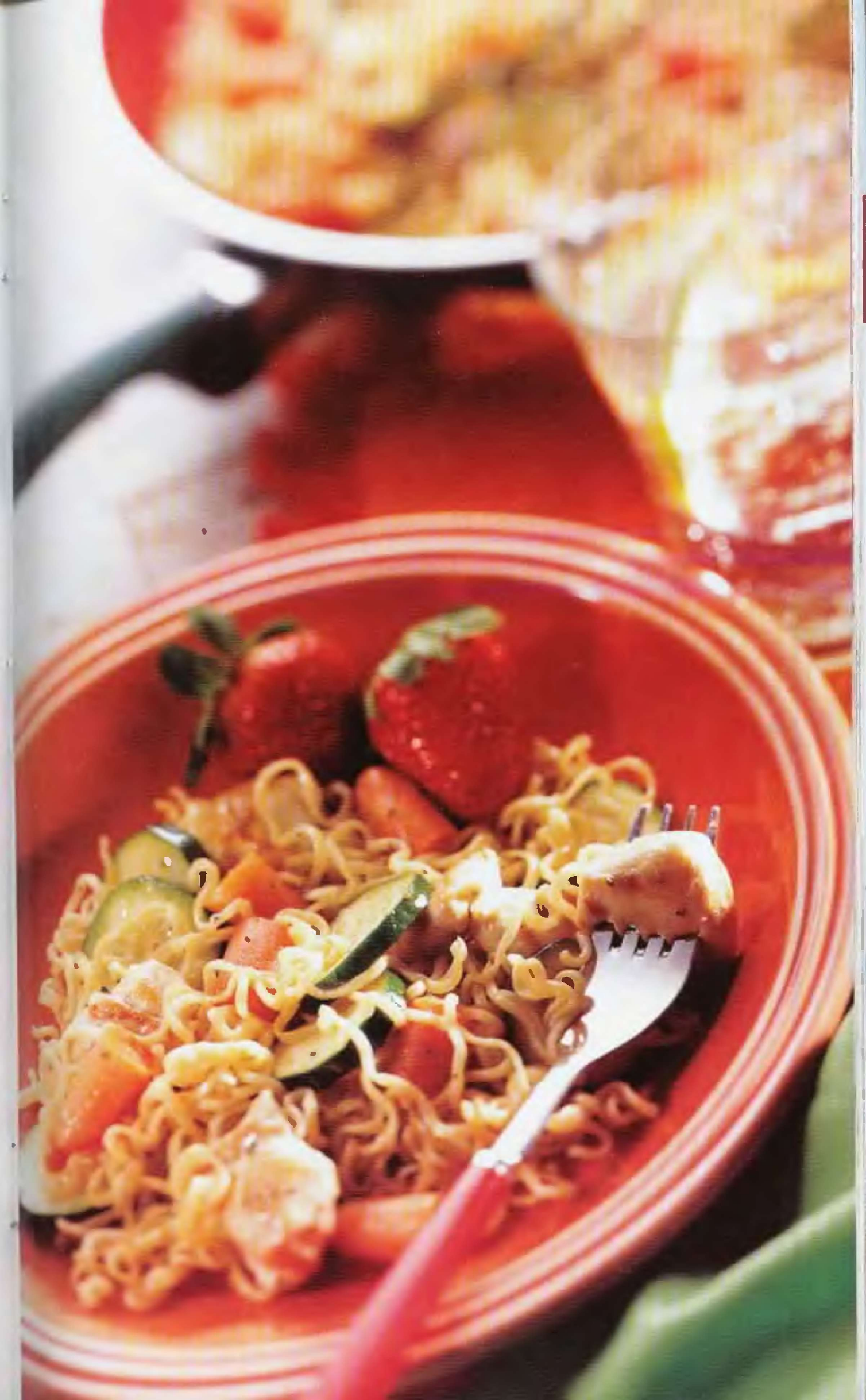
3 Gently break each block of ramen noodles in half; add noodles and zucchini to skillet. Bring to a boil. Boil, uncovered, 5 to 6 minutes or until zucchini is tender and noodles are cooked, separating noodles gently as they soften.

4 (1¼-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1-1/4 Cups

Calories	320	Calories from Fat	110
		% DAILY VALUE	
Total Fat	12 g	18%	
Saturated	5 g	25%	
Cholesterol	35 mg	12%	
Sodium	710 mg	30%	
Total Carbohydrate	33 g	11%	
Dietary Fiber	2 g	8%	
Sugars	4 g		
Protein	19 g		
Vitamin A	180%	Vitamin C	10%
Calcium	6%	Iron	10%

DIETARY EXCHANGES: 2 Starch, 1 Vegetable, 1-1/2 Very Lean Meat, 2 Fat **OR** 2 Carbohydrate, 1 Vegetable, 1-1/2 Very Lean Meat, 2 Fat



Fresh Shrimp with Couscous

Pictured above right

Prep Time: 20 minutes

1 cup uncooked couscous
1½ cups water
1 tablespoon olive oil
1 lb. shelled deveined uncooked large shrimp
1 (14.5-oz.) can stewed tomatoes, undrained, cut up
½ cup Old El Paso® Salsa
1 (2¼-oz.) can sliced ripe olives, drained

1 Cook couscous in water as directed on package.

2 Meanwhile, heat oil in medium skillet over medium heat until hot. Add shrimp; cook and stir 3 to 4 minutes or until shrimp turn pink.

COOK'S NOTES

Ingredient Info

Purchase fresh shrimp that look plump and new. Shrimp should smell fresh, with no hint of ammonia. For optimum flavor and texture, buy fresh shrimp the day you will use it. Otherwise, wrap the shrimp tightly, refrigerate it and use it within 2 days.

From left:
Ravioli with Tomatoes and Olives p. 70,
Fresh Shrimp with Couscous

3 Add tomatoes, salsa and olives; mix well. Bring to a boil. Reduce heat to low; cover and simmer 3 to 5 minutes or until thoroughly heated and sauce is of desired consistency, stirring occasionally. Serve over couscous.

4 servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1/4 of Recipe

Calories	330	Calories from Fat	50
		% DAILY VALUE	
Total Fat	6 g	9%	
Saturated	1 g	5%	
Cholesterol	160 mg	53%	
Sodium	790 mg	33%	
Total Carbohydrate	46 g	15%	
Dietary Fiber	4 g	16%	
Sugars	4 g		
Protein	24 g		
Vitamin A	20%	Vitamin C	15%
Calcium	10%	Iron	25%

Low Fat

DIETARY EXCHANGES: 2-1/2 Starch, 1 Vegetable, 2 Very Lean Meat, 1/2 Fat **OR** 2-1/2 Carbohydrate, 1 Vegetable, 2 Very Lean Meat, 1/2 Fat

Serving Suggestion

Use a pretty yellow, blue or green serving platter for this colorful shrimp dish. Mound the couscous on the platter, then arrange the shrimp and sauce on top. Tuck in sprigs of fresh cilantro or parsley as a garnish. Serve the shrimp and couscous with corn muffins and watermelon wedges.

COOK'S NOTES

Ingredient Info

Asiago is a semi-firm Italian cow's-milk cheese. Young Asiago is eaten as a table cheese. Aged a year or more, Asiago hardens into a rich, nutty grating cheese. Look for shredded Asiago in the supermarket deli or dairy department.

Ingredient Substitution

Meat-filled ravioli can be used in place of the cheese-filled ravioli in this recipe.

Serving Suggestion

For a hearty Italian meal, grill Italian sausages and serve them with this ravioli. To continue with the Italian theme, add a marinated vegetable or antipasto salad purchased from the deli.

Ravioli with Tomatoes and Olives

Pictured on page 68

EASY

Prep Time: 15 minutes

1 (9-oz.) pkg. refrigerated cheese-filled ravioli
1 small onion, cut into thin wedges
1 (14.5-oz.) can diced tomatoes with olive oil, basil, garlic and spices, undrained
¼ cup sliced ripe olives
2 tablespoons shredded fresh Asiago or Parmesan cheese
2 tablespoons chopped fresh parsley

1 Cook ravioli to desired doneness as directed on package. Drain.

2 Meanwhile, spray medium nonstick skillet with nonstick cooking spray. Add onion; cover and cook over medium heat for 3 to 4 minutes or until crisp-tender, stirring occasionally. Stir in tomatoes and olives; cook and stir 3 to 5 minutes or until thoroughly heated.

3 Add cooked ravioli; cook 3 to 5 minutes or until sauce is of desired consistency. Sprinkle with cheese and parsley.

2 (1½-cup) servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1-1/2 Cups			
Calories	550	Calories from Fat	200
		% DAILY VALUE	
Total Fat	22 g	34%	
Saturated	9 g	45%	
Cholesterol	115 mg	38%	
Sodium	1800 mg	75%	
Total Carbohydrate	64 g	21%	
Dietary Fiber	6 g	24%	
Sugars	13 g		
Protein	25 g		
Vitamin A	20%	Vitamin C	20%
Calcium	50%	Iron	20%

DIETARY EXCHANGES: 4 Starch, 1 Vegetable, 1-1/2 High-Fat Meat, 1-1/2 Fat OR 4 Carbohydrate, 1 Vegetable, 1-1/2 High-Fat Meat, 1-1/2 Fat

Easy Mustard Potato Salad

Pictured on page 64

Prep Time: 30 minutes (Ready in 1 hour 30 minutes)

2 eggs
1 (20-oz.) pkg. refrigerated red-skinned potato wedges or diced potatoes with onions
½ cup sliced celery
½ cup chopped red bell pepper
¾ cup mayonnaise or salad dressing
1 tablespoon chopped fresh dill
2 tablespoons prepared mustard
1 teaspoon sugar
½ teaspoon salt

1 Place eggs in small saucepan; cover with cold water. Bring to a boil. Reduce heat; simmer about 15 minutes. Immediately drain; run cold water over eggs to stop cooking. Peel eggs; coarsely chop.

2 Meanwhile, bring 2 cups water to a boil in medium saucepan. Add potatoes; cook over medium heat for 5 to 8 minutes or until tender. Drain; rinse with cold water to cool.

3 In medium bowl, combine potatoes, celery, bell pepper and chopped hard-cooked eggs; mix well. In small bowl, combine all remaining ingredients; blend well. Add to potato mixture; toss to coat. Cover; refrigerate 1 hour before serving.

6 (¾-cup) servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 3/4 Cup			
Calories	310	Calories from Fat	220
		% DAILY VALUE	
Total Fat	24 g		37%
Saturated	4 g		20%
Cholesterol	85 mg		28%
Sodium	500 mg		21%
Total Carbohydrate	19 g		6%
Dietary Fiber	3 g		12%
Sugars	3 g		
Protein	5 g		
Vitamin A	15%	Vitamin C	25%
Calcium	0%	Iron	4%

DIETARY EXCHANGES: 1-1/2 Starch, 4-1/2 Fat
OR 1-1/2 Carbohydrate, 4-1/2 Fat

COOK'S NOTES

Ingredient Info

Look for refrigerated potato wedges and diced potatoes with onions in the grocery store dairy department. The potatoes are partially cooked so they are convenient and quick to use in recipes.

Ingredient Substitution

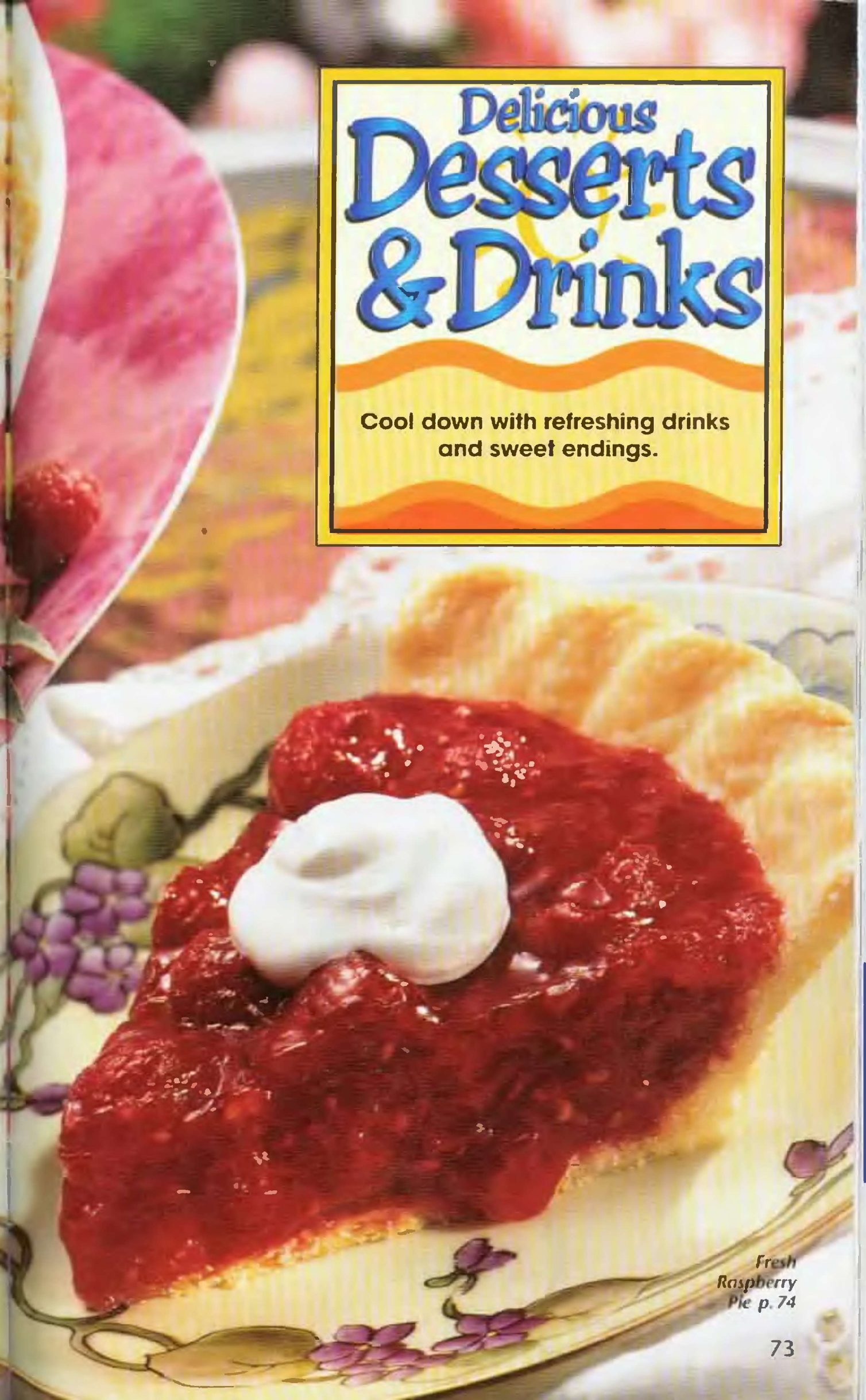
Try Dijon or honey mustard in this potato salad, or use your favorite flavor mustard.

Healthy Hint

Use fat-free mayonnaise and save about 21 grams of fat and about 170 calories per serving.

Delicious Desserts & Drinks

Cool down with refreshing drinks and sweet endings.



Fresh Raspberry Pie p. 74

COOK'S NOTES

Ingredient Info

Purchase plump, bright red raspberries that have no signs of mold. Store raspberries uncovered in the refrigerator for no longer than 2 days. Raspberries spoil quickly when damp, so don't rinse them until just before use.

Ingredient Substitution

Frozen whipped topping, thawed, can be used in place of the whipped cream mixture.

Make It Special

Use more fresh raspberries to garnish the whipped cream on the top of this delicious summer pie.

Fresh Raspberry Pie

Pictured on page 72

Prep Time: 30 minutes (Ready in 3 hours)

CRUST

1 Pillsbury Refrigerated Pie Crust (from 15-oz. pkg.)

FILLING

1 cup sugar
3 tablespoons cornstarch
¼ teaspoon salt
1 cup water
4 cups fresh raspberries
1 tablespoon butter

TOPPING

1 cup whipping cream
1 tablespoon powdered sugar
1 teaspoon vanilla

1 Heat oven to 450°F. Prepare pie crust as directed on package for *one-crust baked shell* using 9-inch pie pan. Bake at 450°F. for 9 to 11 minutes or until light golden brown. Cool 30 minutes or until completely cooled.

2 Meanwhile, in medium saucepan, combine sugar, cornstarch, salt and water; mix well. Stir in 2 cups of the raspberries. Bring to a boil. Boil and stir 1 minute. Stir in butter. Cool 30 minutes or until completely cooled.

3 Stir in remaining 2 cups raspberries. Spoon into cooled baked shell. Refrigerate at least 2 hours before serving.

4 To serve, in medium bowl, combine whipping cream, powdered sugar and vanilla; beat until stiff peaks form. Top pie or individual servings with whipped cream. Store in refrigerator.

8 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/8 of Recipe

Calories	390	Calories from Fat	180
		% DAILY VALUE	
Total Fat	20 g	31%	
Saturated	11 g	55%	
Cholesterol	50 mg	17%	
Sodium	200 mg	8%	
Total Carbohydrate	50 g	17%	
Dietary Fiber	3 g	12%	
Sugars	32 g		
Protein	2 g		
Vitamin A	10%	Vitamin C	20%
Calcium	4%	Iron	4%

DIETARY EXCHANGES: 1 Starch, 2-1/2 Fruit, 3-1/2 Fat
OR 3-1/2 Carbohydrate, 3-1/2 Fat

Lemon and Peach Melba Tartlets

Pictured on page 80

Prep Time: 20 minutes

2 tablespoons seedless raspberry jam
2 teaspoons brandy
½ cup whipping cream
2 tablespoons powdered sugar
½ cup purchased lemon curd
1 (4-oz.) pkg. (6) single-serve graham cracker crusts
1 peach, peeled, coarsely chopped

1 In small saucepan, combine jam and brandy. Heat over low heat until jam is melted, stirring occasionally. Cool slightly.

2 Meanwhile, in medium bowl, combine whipping cream and powdered sugar; beat until stiff peaks form. Fold in lemon curd. Spoon mixture evenly into crusts.

3 Stir chopped peach into jam mixture. Spoon over whipped cream mixture in crusts. Serve immediately or refrigerate until serving time. Store in refrigerator.

6 servings

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1/6 of Recipe

Calories	270	Calories from Fat	120
		% DAILY VALUE	
Total Fat	13 g	20%	
Saturated	6 g	30%	
Cholesterol	25 mg	8%	
Sodium	140 mg	6%	
Total Carbohydrate	37 g	12%	
Dietary Fiber	1 g	3%	
Sugars	27 g		
Protein	1 g		
Vitamin A	10%	Vitamin C	0%
Calcium	0%	Iron	2%

DIETARY EXCHANGES: 1/2 Starch, 2 Fruit, 2-1/2 Fat OR 2-1/2 Carbohydrate, 2-1/2 Fat

COOK'S NOTES

Ingredient Info

Lemon curd is made with lemon juice, sugar, butter and egg yolks. The mixture is cooked until it is thick and creamy. In England, lemon curd is a traditional topping for scones. Look for lemon curd in the gourmet-food section or near the jams in your supermarket.

Ingredient Substitution

One cup of frozen whipped topping, thawed, can be used in place of the whipping cream and powdered sugar.

Make-Ahead Tip

Assemble these lovely tartlets and refrigerate, uncovered, for up to 4 hours.

Berry De-light Pie

Pile sweet strawberries, the ruby jewels of summer, over a luscious cream cheese layer, and you'll be in heaven with your first bite. And with our lightened version, you can indulge without fear of having to repent later!

Here's How: Save 17 grams of fat per slice of pie:

- Rely on a low-fat crumb crust instead of regular pie crust.
- Substitute 4 oz. of ⅓-less-fat cream cheese for the regular.
- Use frozen light whipped topping instead of whipped cream.
- Add gelatin to the pie to firm it up.

"Big on strawberries and low on fat, this pie's a pleaser!"

Light-Style Strawberries and Cream Pie

Pictured on left

Prep Time: 45 minutes (Ready in 1 hour 45 minutes)

CRUST

- ¼ cup honey
- 1 tablespoon margarine or butter
- 1¼ cups graham cracker crumbs

FILLING

- 1 teaspoon unflavored gelatin
- 2 tablespoons cold water
- 4 oz. ⅓-less-fat cream cheese (Neufchatel), softened
- 1 cup frozen light whipped topping, thawed

TOPPING

- 4 cups sliced fresh strawberries
- ½ cup sugar
- 2 tablespoons cornstarch
- ⅓ cup water
- 4 to 5 drops red food color, if desired

1 Spray 9-inch pie pan with nonstick cooking spray. In medium saucepan, combine honey and margarine; cook and stir over low heat until melted. Remove from heat. Add graham cracker crumbs; stir until evenly mixed. Press crumb mixture in bottom and up sides of sprayed pie pan. Place in freezer while preparing filling.

2 In small saucepan, sprinkle gelatin over 2 tablespoons cold water; let stand 5 minutes. Stir over low heat until dissolved. Remove from heat.

3 In medium bowl, combine cream cheese and gelatin mixture; beat until smooth. Fold in whipped topping; pour into crust. Cover with plastic wrap; refrigerate.

4 In small bowl, crush 1 cup of the strawberries. In medium saucepan, combine sugar and cornstarch. Add crushed strawberries and ⅓ cup water. Cook until mixture boils and thickens, stirring constantly. Stir in food color. Cool 10 minutes.

5 Add remaining strawberries to cooled mixture; stir gently to combine. Spoon over filling in crust. Refrigerate 1 hour or until set. Serve within 4 hours. If desired, garnish with additional whipped topping. Store in refrigerator.

8 servings

continued on p. 78

COOK'S NOTES

Original Ingredients

- 1 (9-inch) baked pie shell
- 4 oz. cream cheese
- ¼ cup sugar
- ½ cup whipping cream, whipped
- 4 cups sliced fresh strawberries
- ½ cup sugar
- 2 tablespoons cornstarch
- ⅓ cup water
- 4 to 5 drops red food color
- ½ cup whipping cream, whipped

Calories 380, Calories from Fat 220, Total Fat 24g, Saturated Fat 13g, Cholesterol 65mg, Sodium 190mg

Ingredient Info

Choose plump strawberries that are red all over. Wash them just before use. Halve very large strawberries before slicing them.

Kitchen Tip

Forming a crumb crust is easy when you spray the back of a metal spoon with nonstick cooking spray before pressing the crumbs into the pie pan.

Light-Style Strawberries and Cream Pie – continued from p. 77

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/8 of Recipe

Calories	240	Calories from Fat	60
		% DAILY VALUE	
Total Fat	7 g	11%	
Saturated	4 g	20%	
Cholesterol	10 mg	3%	
Sodium	150 mg	6%	
Total Carbohydrate	41 g	14%	
Dietary Fiber	2 g	8%	
Sugars	29 g		
Protein	3 g		
Vitamin A	4%	Vitamin C	50%
Calcium	2%	Iron	4%

DIETARY EXCHANGES: 1 Starch, 1-1/2 Fruit, 1-1/2 Fat
OR 2-1/2 Carbohydrate, 1-1/2 Fat

Low Fat

Food Safety Note

Pies with cream filling, like this light strawberry cream pie, must be stored in the refrigerator.

Frozen Orange Swirl Pie

Pictured on right

Prep Time: 10 minutes (Ready in 2 hours 10 minutes)

1 pint (2 cups) Häagen-Dazs® Vanilla Ice Cream, slightly softened
1 pint (2 cups) orange sherbet, slightly softened
1 (6-oz.) chocolate flavor crumb crust
1/2 cup fudge ice cream topping, if desired

1 Place heaping spoonfuls of ice cream and sherbet in crumb crust. Lightly press and smooth top with back of spoon. Freeze 2 hours or until firm.

2 To serve, cut into wedges. Drizzle fudge topping over each wedge. Garnish as desired.

8 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/8 of Recipe

Calories	390	Calories from Fat	150
		% DAILY VALUE	
Total Fat	17 g	26%	
Saturated	8 g	40%	
Cholesterol	65 mg	22%	
Sodium	240 mg	10%	
Total Carbohydrate	53 g	18%	
Dietary Fiber	1 g	2%	
Sugars	38 g		
Protein	5 g		
Vitamin A	6%	Vitamin C	4%
Calcium	10%	Iron	4%

DIETARY EXCHANGES: 1-1/2 Starch, 2 Fruit, 3-1/2 Fat
OR 3-1/2 Carbohydrate, 3-1/2 Fat

COOK'S NOTES

Recipe Fact

This vanilla-orange sherbet pie has all of the flavor of the famous frozen orange and vanilla ice cream treat on a stick.

Healthy Hint

To reduce the amount of fat in this pie by about 11 grams per serving, use Häagen-Dazs® Vanilla Fat Free Frozen Yogurt and chocolate-flavored syrup in place of the ice cream and fudge topping. Each serving of the lighter pie has 100 fewer calories than the original version.

Blueberry Trifle Parfaits

Pictured on left

Prep Time: 25 minutes (Ready in 1 hour 5 minutes)

1 (3.3-oz.) pkg. instant white chocolate flavor pudding and pie filling mix
1½ cups milk
¼ cup sugar
2 teaspoons cornstarch
Dash nutmeg
¼ cup water
1 pint (2 cups) fresh blueberries
4 (¾-inch-thick) slices frozen pound cake, thawed, cut into ¾-inch cubes
¼ cup frozen whipped topping, thawed

1 Prepare pudding as directed on package using the 1½ cups milk. Refrigerate while preparing blueberry mixture.

2 Meanwhile, in medium saucepan, combine sugar, cornstarch and nutmeg; mix well. Add water and 1 cup of the blueberries; mix well. Bring to a boil. Reduce heat to medium-low; simmer 5 minutes or until slightly thickened, stirring occasionally. Refrigerate 10 minutes or until slightly cooled.

3 Stir in remaining 1 cup blueberries. Refrigerate at least 30 minutes or until cold.

4 In 4 parfait glasses or dessert dishes, layer half each of cake cubes, pudding and blueberry mixture. Repeat layers. Top with whipped topping. Store in refrigerator.

4 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	390	Calories from Fat	80
		% DAILY VALUE	
Total Fat	9 g	14%	
Saturated	4 g	20%	
Cholesterol	25 mg	8%	
Sodium	500 mg	21%	
Total Carbohydrate	71 g	24%	
Dietary Fiber	3 g	12%	
Sugars	51 g		
Protein	5 g		
Vitamin A	8%	Vitamin C	15%
Calcium	15%	Iron	4%

DIETARY EXCHANGES: 2 Starch, 2-1/2 Fruit, 1-1/2 Fat
OR 4-1/2 Carbohydrate, 1-1/2 Fat

COOK'S NOTES

Kitchen Tips

Blueberries, just like other fragile berries, should not be washed until you are ready to use them.

To tote these parfaits to a picnic, assemble them in disposable paper or plastic cups. Look for cups and lids at a party-supply store. Pack them in an insulated cooler.

Make-Ahead Tip

Prepare the parfaits, cover and refrigerate them for up to 4 hours. Just before serving time, garnish the parfaits with whipped topping.

Recipe Variation

To make Blueberry Sundaes, serve the blueberry sauce over Häagen-Dazs® Ice Cream.

From top:
Blueberry Trifle Parfaits,
Lemon and Peach Melba Tartlets p. 75

COOK'S NOTE

Healthy Hint

For a lighter Vanilla Coconut Sundae, use Häagen-Dazs® Vanilla Fat Free Frozen Yogurt and chocolate-flavored syrup in place of the ice cream fudge topping. Each lighter sundae contains about 200 fewer calories and 23 grams less fat than the original version.

Coconut Coffee Sundaes

EASY

Pictured on upper right

Prep Time: 5 minutes

1 pint (2 cups) Häagen-Dazs® Coffee Ice Cream
4 (2-inch) soft macaroon cookies, crumbled
½ to ¾ cup fudge ice cream topping

Scoop ice cream into 4 individual dessert dishes. Sprinkle with cookies. Drizzle with fudge topping.

4 servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/4 of Recipe

Calories	600	Calories from Fat	240
		% DAILY VALUE	
Total Fat	27 g		42%
Saturated	16 g		80%
Cholesterol	120 mg		40%
Sodium	370 mg		15%
Total Carbohydrate	79 g		26%
Dietary Fiber	2 g		8%
Sugars	63 g		
Protein	9 g		
Vitamin A	10%	Vitamin C	0%
Calcium	20%	Iron	8%

DIETARY EXCHANGES: 3 Starch, 2-1/2 Fruit, 5 Fat
OR 5-1/2 Carbohydrate, 5 Fat

COOK'S NOTE

Ingredient Substitution

Strawberry or lemon yogurt can be used in place of the vanilla yogurt.

Strawberry and Kiwi Fruit Yogurt Freeze

Pictured on lower right

Prep Time: 10 minutes (Ready in 3 hours 10 minutes)

3 cups halved fresh strawberries
3 kiwi fruit, peeled, quartered
1 (8-oz.) container frozen whipped topping, thawed
1 (8-oz.) container vanilla yogurt
½ cup powdered sugar

1 Place fruit in shallow pan. Freeze 3 to 4 hours or until firm.

2 Place frozen fruit in food processor bowl with metal blade. Cover; process 15 to 20 seconds or until coarsely chopped.

3 Add whipped topping, yogurt and powdered sugar. Cover; process until smooth. Spoon into individual dessert dishes. If desired, garnish each serving with a fresh strawberry fan and/or wedges of kiwi fruit. Serve immediately.

8 (½-cup) servings

continued on p. 84

From top:
Coconut Coffee Sundaes,
Strawberry and Kiwi Fruit Yogurt Freeze

Strawberry and Kiwi Fruit Yogurt Freeze – continued from p. 82

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/2 Cup

Calories	180	Calories from Fat	70
		% DAILY VALUE	
Total Fat	8 g	12%	
Saturated	6 g	30%	
Cholesterol	0 mg	0%	
Sodium	30 mg	1%	
Total Carbohydrate	26 g	9%	
Dietary Fiber	2 g	8%	
Sugars	23 g		
Protein	2 g		
Vitamin A	6%	Vitamin C	100%
Calcium	6%	Iron	2%

DIETARY EXCHANGES: 1 Starch, 1/2 Fruit, 1-1/2 Fat
OR 1-1/2 Carbohydrate, 1-1/2 Fat

Make-Ahead Tip

Freeze the fruit in advance. When the fruit is frozen solid, transfer it to a resealable freezer plastic bag. Store the fruit in the freezer for up to 1 month.

COOK'S NOTES

Ingredient Info

Crystallized ginger is sliced fresh gingerroot that has been cooked in sugar syrup and coated with coarse sugar. Look for crystallized ginger wrapped in cellophane in the supermarket produce department. Jars of crystallized ginger are available in the spice section, but they are more expensive.

Make It Special

Garnish each serving of this dessert with a little piece of crystallized ginger and a curl of orange peel.

Recipe Variation

For *Ginger-Banana Ice Cream Dessert,* use 4 ripe mashed bananas in place of the peaches. Prepare the dessert as directed.

Ginger-Peach Ice Cream Dessert

Pictured on right

Prep Time: 15 minutes

¼ cup crystallized ginger
5 medium peaches, peeled, cut up (3⅓ cups)
1 (14-oz.) can sweetened condensed milk (not evaporated)
1 cup whipping cream
¼ cup orange juice

1 Place ginger in food processor bowl with metal blade; cover and process to finely chop. Add peaches and condensed milk; cover and process until smooth.

2 Add whipping cream and orange juice; blend well. Spoon into 8 or 9-inch square glass or plastic container. Cover; freeze 1½ to 2 hours or until slightly set.

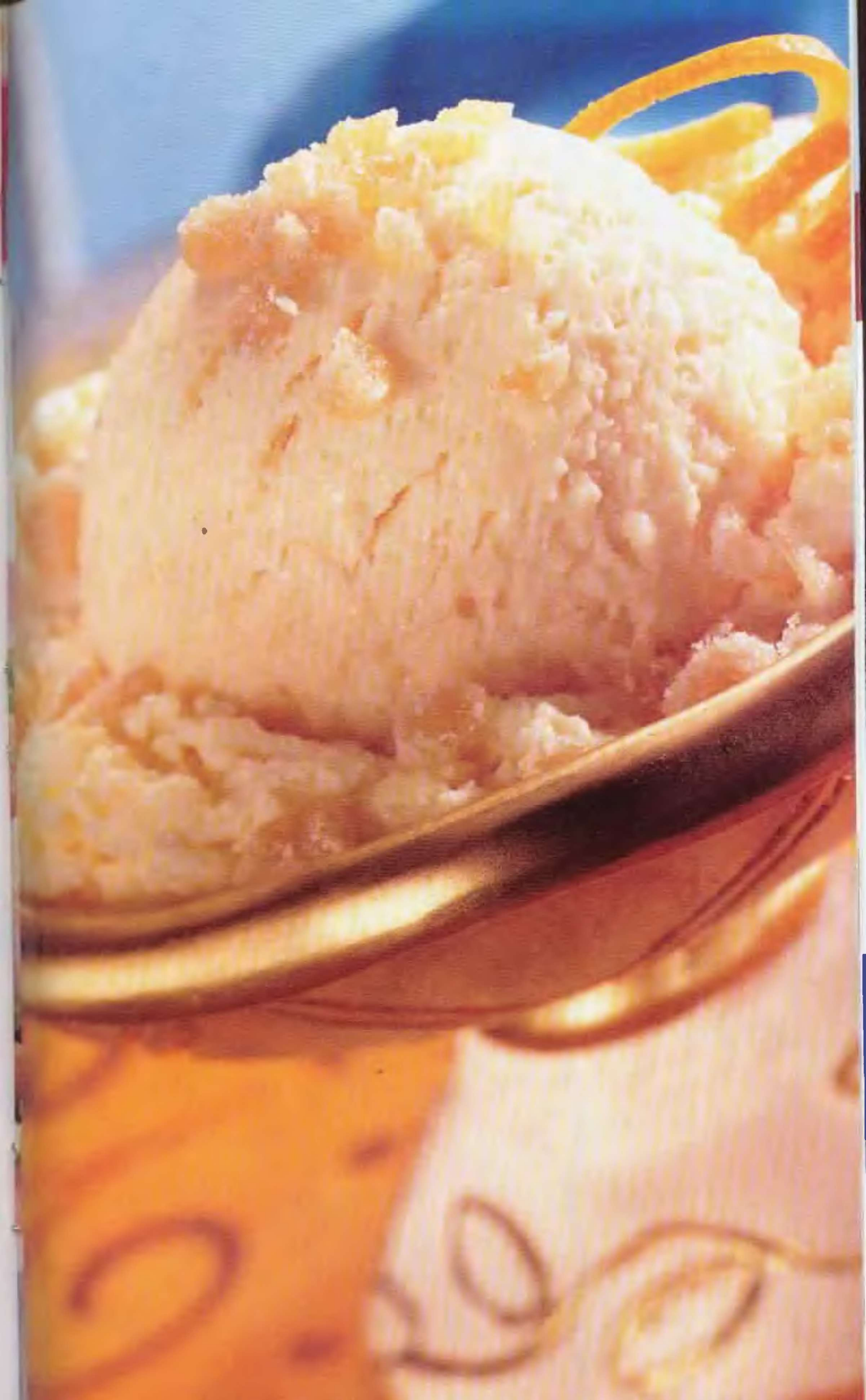
3 Transfer mixture to medium bowl. With electric mixer, beat until mixture resembles soft-serve ice cream. Cover; freeze 3 hours or until firm.

8 (½-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1/2 Cup

Calories	310	Calories from Fat	140
		% DAILY VALUE	
Total Fat	15 g	23%	
Saturated	10 g	50%	
Cholesterol	60 mg	20%	
Sodium	75 mg	3%	
Total Carbohydrate	39 g	13%	
Dietary Fiber	1 g	4%	
Sugars	37 g		
Protein	5 g		
Vitamin A	20%	Vitamin C	10%
Calcium	15%	Iron	0%

DIETARY EXCHANGES: 2 Starch, 1/2 Fruit, 2-1/2 Fat
OR 2-1/2 Carbohydrate, 2-1/2 Fat



COOK'S NOTES

Ingredient Substitutions

Try making this shake with your favorite ice cream and candy. Chocolate ice cream with vanilla sandwich cookies or coffee ice cream with candy-coated chocolate pieces are just two flavors that would make great shakes. For candy, try chocolate, butterscotch or peanut butter chips, chocolate-covered English toffee candy bars, chocolate-covered malted milk balls or jelly beans.

Make It Special

Top each shake with a few pieces of the chopped candy.

Ice Cream and Candy Shakes

EASY

Pictured on right

Prep Time: 5 minutes

1 pint (2 cups) Häagen-Dazs® Vanilla Ice Cream
½ cup chopped candy (such as candy-coated chocolate pieces, candy-coated peanut butter pieces, Milky Way® or Snickers®)
¼ to ½ cup milk

1 In blender container, combine half of the ice cream, half of the candy and ¼ cup milk. Cover; blend until combined.

2 Add remaining ice cream and candy. Cover; blend until of desired consistency, adding milk 1 to 2 tablespoons at a time.

3 (¾-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 3/4 Cup

Calories	530	Calories from Fat	280
		% DAILY VALUE	
Total Fat	31 g		48%
Saturated	19 g		95%
Cholesterol	170 mg		57%
Sodium	200 mg		8%
Total Carbohydrate	54 g		18%
Dietary Fiber	0 g		0%
Sugars	30 g		
Protein	9 g		
Vitamin A	20%	Vitamin C	0%
Calcium	30%	Iron	2%

DIETARY EXCHANGES: 3 Starch, 1/2 Fruit, 6 Fat
OR 3-1/2 Carbohydrate, 6 Fat

COOK'S NOTES

Ingredient Substitution

Lemonade drink mix can be used in place of the fruit-flavored drink mix.

Icy Fruit Slushes

EASY

Pictured on right

Prep Time: 5 minutes

2 cups ice cubes
¼ cup sugar-sweetened fruit-flavored soft drink mix
½ cup water

1 Place ice cubes in resealable food storage plastic bag. With rolling pin or meat mallet, pound until coarsely chopped.

2 Place chopped ice in blender container. Sprinkle with drink mix; pour water over top.

3 Cover; blend until of desired consistency, stirring once or twice. Pour into glasses; serve immediately with spoons and straws.

2 (1-cup) servings

continued on p. 88

From left:
Ice Cream and
Candy Shakes,
Icy Fruit Slushes

Icy Fruit Slushes – continued from p. 86

Recipe Variation

For Creamy Icy Fruit Slushes, add 1 cup of vanilla ice cream to the blender with the other ingredients. Blend as directed.

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1 Cup

Calories	100	Calories from Fat	0
		% DAILY VALUE	
Total Fat	0 g	0%	
Saturated	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	30 mg	1%	
Total Carbohydrate	24 g	8%	
Dietary Fiber	0 g	0%	
Sugars	0 g		
Protein	0 g		
Vitamin A	0%	Vitamin C	50%
Calcium	4%	Iron	0%

DIETARY EXCHANGES: 1-1/2 Fruit OR 1-1/2 Carbohydrate

COOK'S NOTES

Recipe Info

A spritzer is a tall cool drink made with wine and carbonated water. Our version calls for lemonade and orange juice in place of the wine.

Kitchen Tip

Thaw the frozen concentrates completely so that they mix well with the water and carbonated beverage.

Lemonade and Orange Spritzers

Pictured on page 9

EASY

Prep Time: 5 minutes

1 (6-oz.) can frozen lemonade concentrate, thawed
1 (6-oz.) can frozen orange juice concentrate, thawed
½ cup water
1 (1-liter) bottle (4¼ cups) lemon-lime flavored carbonated beverage, chilled
Lemon and orange slices

1 In 2-quart nonmetal pitcher, combine concentrates and water; mix well.

2 Add carbonated beverage; mix well. Serve immediately. Garnish with lemon and orange slices.

6 (1-cup) servings

NUTRITION INFORMATION PER SERVING:
SERVING SIZE: 1 Cup

Calories	200	Calories from Fat	0
		% DAILY VALUE	
Total Fat	0 g	0%	
Saturated	0 g	0%	
Cholesterol	0 mg	0%	
Sodium	20 mg	1%	
Total Carbohydrate	50 g	17%	
Dietary Fiber	1 g	3%	
Sugars	45 g		
Protein	1 g		
Vitamin A	2%	Vitamin C	100%
Calcium	2%	Iron	2%

DIETARY EXCHANGES: 3-1/2 Fruit OR 3-1/2 Carbohydrate

Familiar Foods

Made Easy

Tasty ideas to make your family smile!

Häagen-Dazs

Get Cool...

Sorbet Sipper®

REFRESHING

ZESTY LEMON

1¼ cups Häagen-Dazs® Zesty Lemon Sorbet
¼ cup lemon-lime carbonated beverage
¼ cup seltzer water

STRAWBERRY

1¼ cups Häagen-Dazs® Strawberry Sorbet
½ cup cranberry-strawberry juice
½ cup seltzer water

MANGO

1¼ cups Häagen-Dazs® Mango Sorbet
½ cup orange juice
½ cup seltzer water

ORANGE

1¼ cups Häagen-Dazs® Orange Sorbet
½ cup orange juice
½ cup seltzer water

RASPBERRY

1¼ cups Häagen-Dazs® Raspberry Sorbet
½ cup cranberry-strawberry juice
½ cup seltzer water

1 To make desired flavor, scoop designated sorbet into blender container.

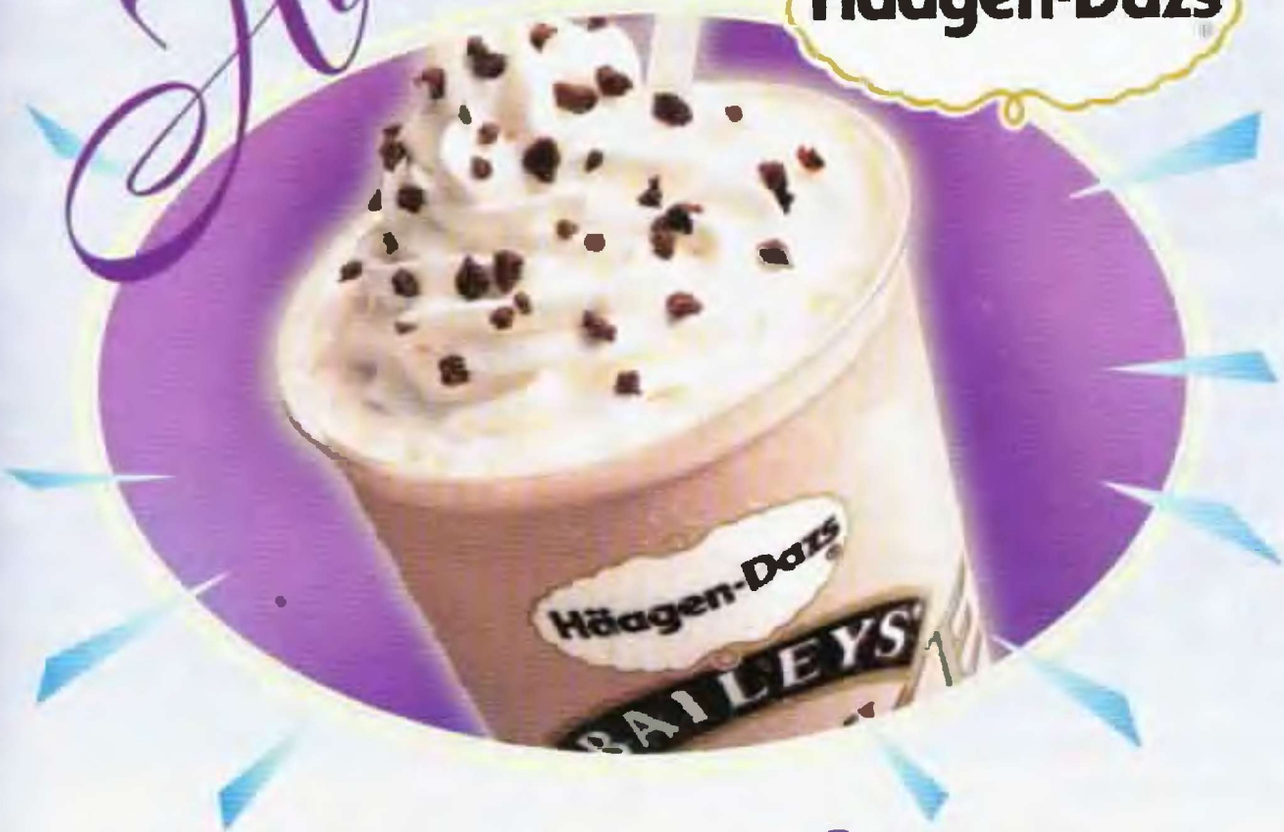
2 Add liquid ingredients.

3 Blend on low speed approximately 20 seconds. Increase speed to medium and blend for another 20 to 30 seconds or until thoroughly blended.

4 Pour beverage into tall serving glass; serve immediately.

1 serving

Have a Häagen-Dazs



Baileys® Shake

INDULGENT

1 cup Häagen-Dazs® Vanilla Ice Cream
¼ cup milk
¼ cup Baileys® Original Irish Cream
Whipped cream, if desired
Chocolate cookie crumbs, if desired

1 Scoop ice cream into blender container.

2 Add milk and Baileys® Original Irish Cream.

3 Blend on medium speed approximately 20 to 30 seconds or until thoroughly blended.

4 Pour beverage into tall serving glass; top with whipped cream and chocolate cookie crumbs. Serve immediately.

1 serving

For more Häagen-Dazs® ideas and information, visit our Web site at www.haagen-dazs.com

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how to use our nutrition information

The key to healthy eating is a varied diet including many fruits, vegetables and grains. The detailed nutrition information in Classic® Cookbooks can help you estimate the contribution of specific recipes in your overall menu plan. At the end of each recipe, we list the calories per serving as well as the amount of fat, cholesterol, sodium, carbohydrate, dietary fiber, sugars, protein, vitamins A and C, calcium and iron.

- Each recipe also lists Percent Daily Values (% DVs). The % DVs tell you how much the nutrients in one serving of food contribute to a 2000-calorie diet. For example, if the DV for total fat is 10%, this means one serving of this food contributes 10% of the total fat suggested for a person on 2000 calories per day.
- We also include dietary exchanges for those of you who prefer this nutritional "accounting" method over traditional calorie watching. If you are following a medically prescribed diet, consult your physician or registered dietitian about this nutrition information.

How to Calculate Nutrition Information:

To determine a serving size for calculating nutrients for a recipe, we base our analysis on a single unit (for example, 1 cookie) or a specific amount (1 cup).

Other considerations for calculating nutrition information are:

- The first ingredient mentioned when the recipe gives options—for example, if "butter or margarine" is listed, butter would be calculated
- The larger amount of an ingredient when there's a range
- Garnishing or "if desired" ingredients when included in the ingredient list
- The estimated amount of marinade or frying oil absorbed during preparation

Tailoring Your Daily Diet

The chart below outlines some average daily nutritional needs for moderately active adults. Since your sex, age, size and activity level all affect dietary considerations, your requirements may deviate from those shown here.

What You Need Daily	Women Age: 25–50	Women Over 50	Men 25–50
Calories	2200	1900	2900
Total Fat	73 g or less	63	97
Saturated Fat	24 g or less	21	32
Cholesterol	300 mg or less	300	300
Sodium	2400 mg	2400	2400
Calcium	800 mg	800	800
Iron	15 mg	10	10

(Note: Although individual needs vary, a 2000-calorie diet is used as the reference diet on packaging because it approximates average daily requirements and provides a round number for easier calculating.)

Our Experts Behind the Scenes:

Our team of professionals, including registered dietitians and home economists, is dedicated to delivering comprehensive nutrition information to make your job of planning nutritious menus for you and your family just a little easier. Current information from the USDA and food manufacturer's labels are used to provide up-to-date nutrient values.

Summer Fruit and Chicken Salad p. 8

Fresh Raspberry Pie p. 74

ITEM NUMBER HCARD

Pillsbury

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Lunch (or dinner) is served!

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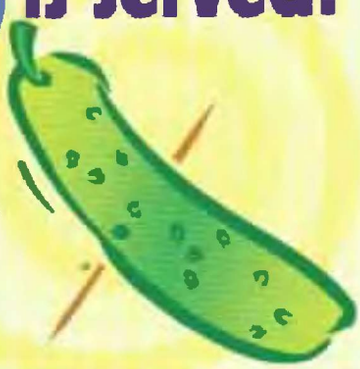
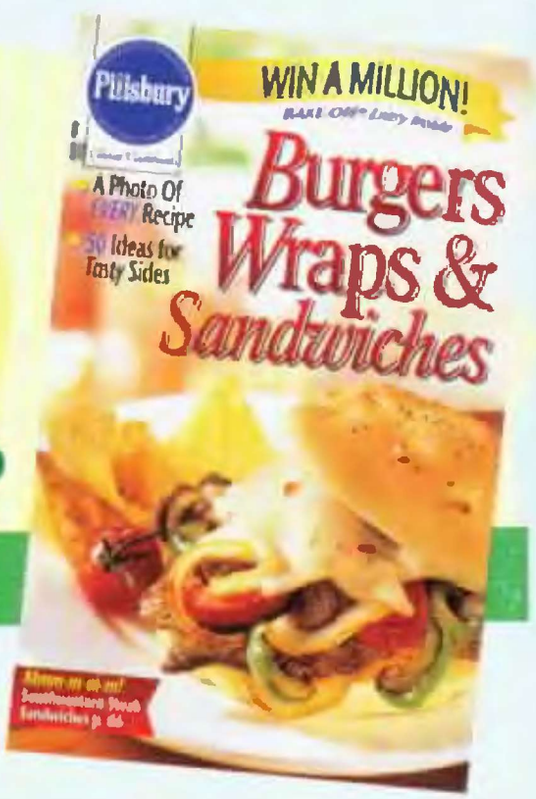
- Over 50 serve-along ideas to go with any sandwich





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